Noni Hazlehurst INSIDE HER $3 MILLION HOME

New Idea

DECEMBER 5, 2022

Sarah-Jane's shock diagnosis

'CANCER WON'T BEAT ME'

Karl betrayed again

HANDS OFF MY JOB!

Camilla's tiara tantrum

'SHE MADE KATE CRY'

CRISPIEST CRACKLING EVER!

FIRST PICS!

Crikey! ROBERT'S IN LOVE

Reese Witherspoon & Judge Judy's COURTROOM BATTLE!

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Local stars p26

Food p46

THIS WEEK IN...

New Idea

Real life p37

Local stars p22

Inspiring is the only word to describe Heather Lee. At 96, the champion racewalker and great-grandmother is proof age really is just a number as she gears up to compete in a marathon to raise money for charity. You can read all about it on page 14.

Speaking of age, it seems Robert Irwin has found himself a girlfriend – and if that doesn't make us feel old, we don't know what will. Also in this issue, we catch up with Mr Sheffield himself, Charles Shaughnessy, who shares his joy at becoming a grandad for the first time. He also reveals whether or not he's still in touch with his former *The Nanny* co-stars. Happy reading!

Kiettey
Editor

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Brad has had a gruelling few weeks promoting new flick, *Babylon*.

Looks like someone is ready for bed!

BRAD'S WILD NIGHT OUT!

Over the last few years Brad Pitt's real life has seen just as much drama as his on-screen characters. So when he was spotted letting his hair down in New York City last week, sources tell us no-one was surprised.

"Brad might be all smiles on the red carpet, but behind closed doors he's been a fed-up wreck," a source says of the actor, 58, who was in the Big Apple promoting his new movie, *Babylon*.

In particular, Brad's ongoing custody battle with ex-wife Angelina Jolie over their children is said to have really taken a toll on him.

"Brad knows he's made mistakes, but at what point will he have to stop paying for that?" asks the source.

"He was a very hands-on dad. He literally has a hole in his heart and no matter how beautiful the girl is on his arm, none of them will ever fill the gap left by his kids."

The source adds that Brad, who has admitted to struggling with alcoholism in the past, "hasn't fallen off the wagon" but is "blowing off some steam".

"Seeing him finally start to have some fun is a huge relief to his close friends," says the source.

"Everyone's been worried about him, so this is well overdue. He's determined to enjoy himself when he's out these days, rather than trying to keep his ex-wife's lawyer happy. It's hard though – at the end of the night he still comes back to a big empty house by himself."

Denise Richards

CAUGHT IN CAR SHOOTING

In a scene scarier than any movie, Denise Richards and husband Aaron Phypers were caught up in a terrifying road rage incident that ended in gunshots.

According to reports, a motorist was travelling behind the pair and began shouting out the window as he overtook them, before firing a shot that struck the back driver's side of their vehicle.

A source says the mum of three, 51, was "unnerved" and in tears following the incident, but soldiered on to work a 12-hour day on the set of her new movie, *A Walking Miracle.*

Mariah planned to use the name on a range of products.

Mariah Carey's

CHRISTMAS MELTDOWN

All she wanted for Christmas was to be given her rightful crown, but Mariah Carey isn't getting her own way.

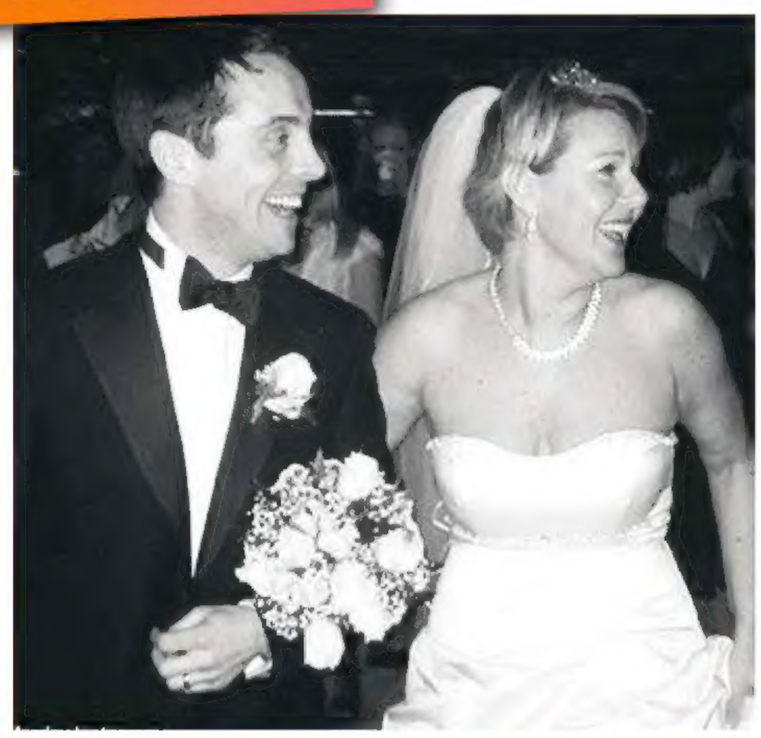
While no-one does the festive season quite like the singer, Mariah, 52, had her court bid to trademark 'Queen of Christmas' and 'QOC' rejected.

The ruling came after New York-based musician Elizabeth Chan declared she is a fellow QOC.

"Christmas is a season of giving, not the season of taking," Elizabeth said. "It is wrong for an individual to attempt to own a nickname like Queen of Christmas."

JULIA MORRIS

THE TRUTH ABOUT MY DIVORCE



She's the lovable TV host who constantly makes the country laugh, but away from the box, Julia Morris has been dealing with personal heartbreak.

Earlier this year, Julia, 54, divorced her husband Dan Thomas after nearly two decades together. Now she's ready to talk to about it.

"We were just time up. I was just like, 'Are we seriously doing this?' and he was like, 'I know,'" she shared in an interview. "I think with work and life and definitely raising children, we just got lazy in the end."

The *I'm a Celebrity...Get Me Out of Here* host revealed she's not yet ready to get back in the saddle – and you won't be catching her on any dating apps!

"Do you know what? I think I'll shut up shop. I'm done. It's been 20 years since I was a single lady!" she said.

Despite her recent pain, Julia's trademark humour is as strong as ever, as she quipped about her limited relationship prospects.

"There's not anything more enticing than a woman who's nearly mid-fifties with teenage children who's been through an intense amount of trauma," she joked.

Guy was appalled by the "evil" acts of his former manager Titus Day (below).

GUY'S JAIL SHOCK!

Guy Sebastian is breathing a huge sigh of relief after his former manager was handed a jail sentence for embezzling over half a million dollars from the *Australian Idol* winner.

Following a drawn-out court case, a judge sentenced Titus Day to four years behind bars, and ordered him to pay back the $624,675 he stole from Guy, 41, in full.

In a victim impact statement father-of-two Guy described his former friend's betrayal as being like "a stab in the heart". He began being managed by Titus in 2007.

"Uncovering the depth of the lies from a man I considered a brother has forever changed my outlook in certain situations and my ability to trust in the innate goodness of people," Guy elaborated.

Titus, 49, was found guilty by a jury of swindling the money from the pop star earlier this year.

At press time it was understood that Titus will appeal the sentence, which has a non-parole period of two-and-a-half years.

Olivia's no longer Wilde about Harry

It was a roller-coaster romance that has officially come to an end ... for now.

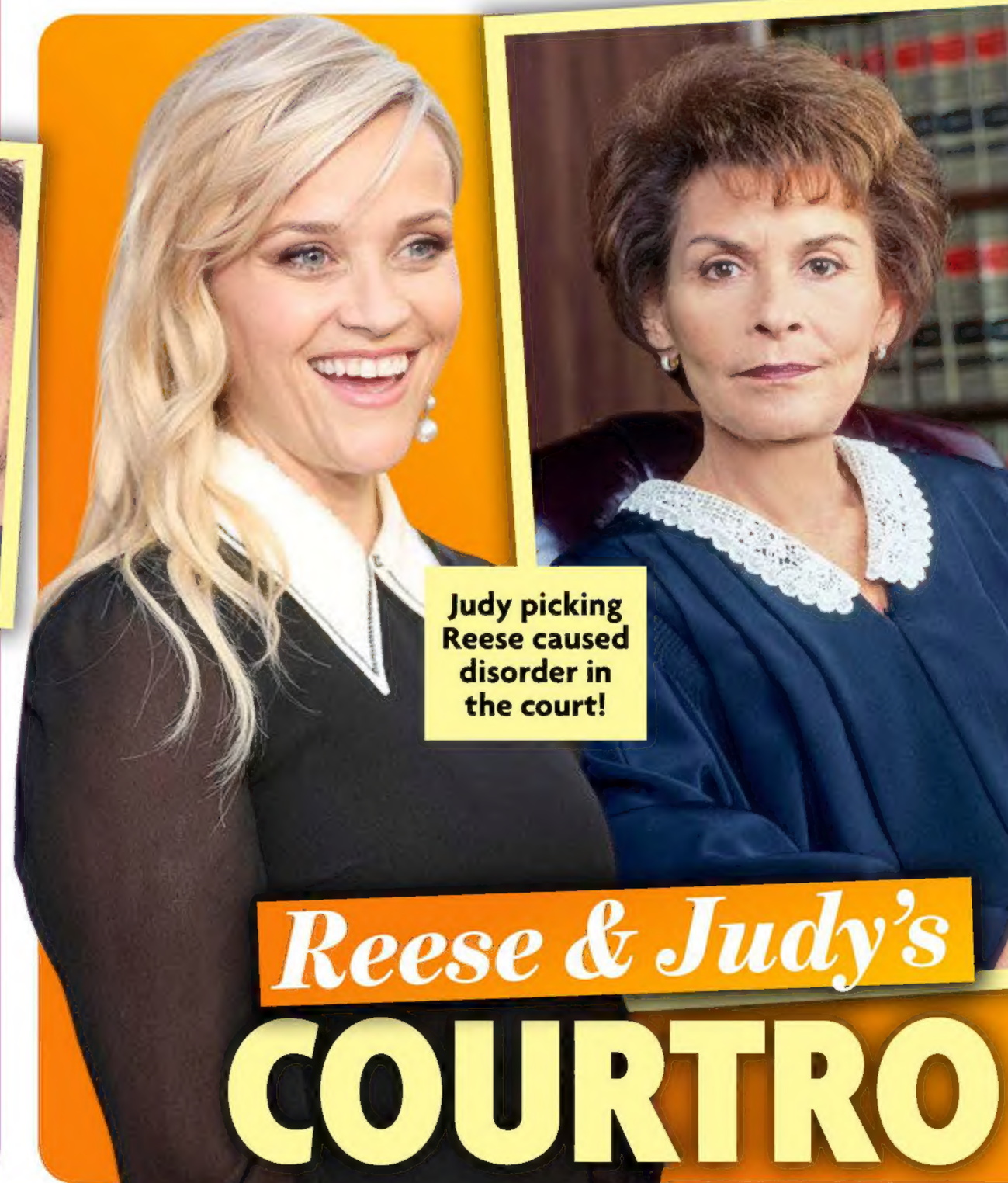
Multiple sources have confirmed that Olivia Wilde, 38, and Harry Styles, 28, are "taking a break" after almost two years together.

One insider says the pair have "different priorities" at the moment, but insists the decision was "very amicable".

Former One Direction member Harry is currently on a gruelling world tour, while Olivia is focusing on her kids, Otis, 8, and Daisy, 6, as well as her work in LA.

The pair, who met on set of their film *Don't Worry Darling*, have been the subject of intense scrutiny since day one of their relationship, with Harry's fans in particular expressing concern about the 10-year age gap.

Exactly when the pair began dating has also raised eyebrows. Olivia's former nanny gave an interview in October suggesting there was a crossover between Olivia ending things with her fiancé, and father of her kids Jason Sudeikis, and when she was first seen with Harry in January 2021. Olivia and Jason rubbished the nanny's claims.



Judy picking Reese caused disorder in the court!

Reese & Judy's COURTRO

Showbiz's most famous judge – aka Judy Sheindlin – has given a ruling on who should play her in the movie about her fascinating life. But her verdict has divided fans.

In an interview with *E! News*, the eponymous star of *Judge Judy* revealed the role should go to Reese Witherspoon.

Dubbing the Hollywood heavyweight a "fabulous lady", Judy, 80, said: "We're friends, and she gets me, and I know she does. And I think she's a great actress ... and I think that she could carry that off."

Reese, 46, certainly has the experience to play the courtroom queen after starring in the hit film *Legally Blonde*. The *Big Little Lies* actress is also no stranger to portraying strong real-life females.

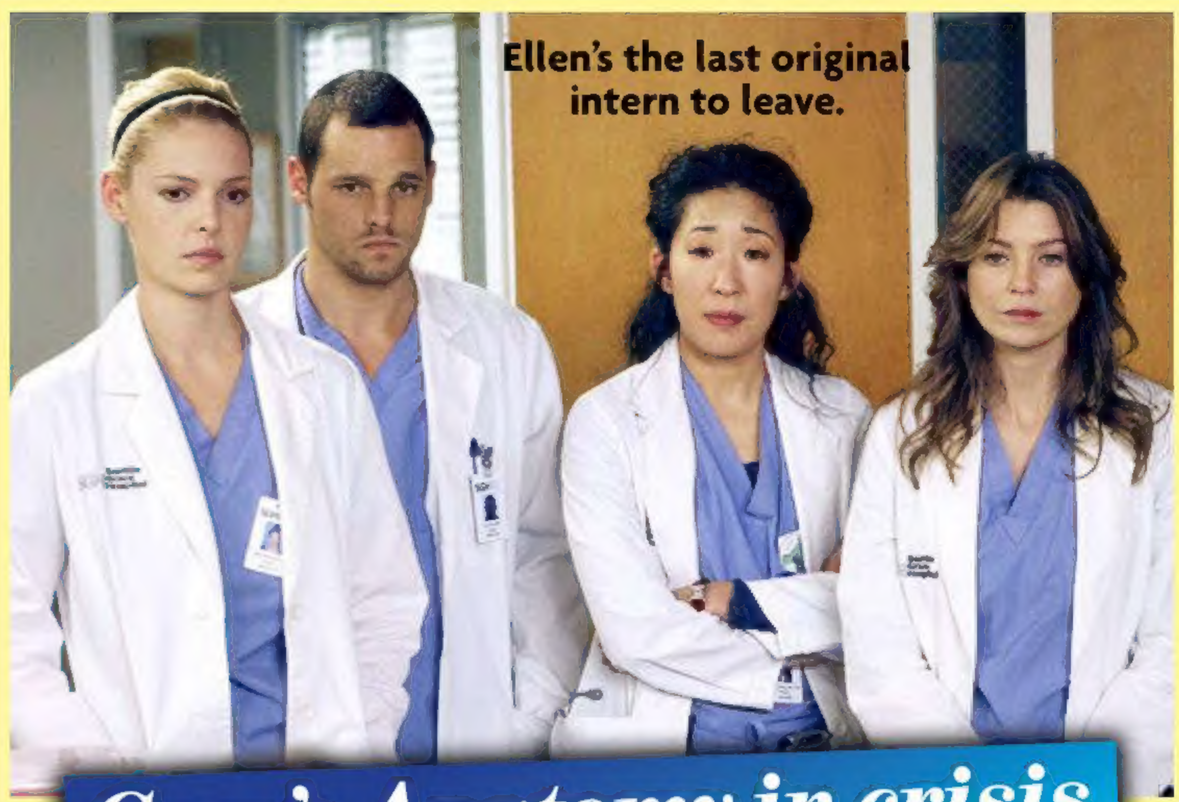
She won the Best Actress Oscar for playing June Carter Cash in *Walk the Line* and scored another nomination for playing author Cheryl Strayed in the adaptation of her memoir *Wild*.

However, while Judy is keen for Reese to don her robe and lace collar, the pair face an uphill battle getting audiences on board and into their cinematic courtroom.

Many on social media disapproved of Judy's big plan, and suggested a handful of other actresses – namely *Matilda*'s Embeth Davidtz or Natalie Portman – as better casting choices.

"Reese would never get her voice right," snipped one.

OM BATTLE!



Ellen's the last original intern to leave.

Grey's Anatomy in crisis

WHY ELLEN REALLY QUIT

Despite earning $20 million per season, the time has come for Meredith Grey to hang up her white coat and stethoscope after 17 years.

Indeed, *Grey's Anatomy's* leading lady Ellen Pompeo has confirmed that her final episode as a series regular will air in just a couple of months.

Although fans were left devastated with the news, Ellen, 53, thanked them for their loyalty over the last 19 seasons.

"I am eternally grateful and humbled by the love and support you have all shown me, Meredith Grey and the show," she shared on Instagram.

The mum of three already has her next project lined up and will executive produce and star in a new horror limited series. However, although she is now pursuing other opportunities, Ellen assured *Grey's* fans she'll "definitely be back to visit" Grey Sloan Memorial Hospital. Phew!

The doctor has left the building.

Cut costs THIS CHRISTMAS!

FINANCIAL ADVISER CANNA CAMPBELL SHARES HOW TO SPEND LESS THIS FESTIVE SEASON

Celebrating Christmas during a cost-of-living crisis has many Australians wondering how they'll afford it.

A recently conducted survey found 71 per cent of us plan to pay for Christmas expenses by dipping into our savings, while another 16 per cent intend on pulling out their credit card.

With festivities just around the corner, financial adviser Canna Campbell tells New Idea how to keep your finances on track this holiday period, and avoid ending up on the 'naughty' list!

"It's so important to have a budget and understand where you've got financial waste," says Canna, founder of money awareness YouTube channel Sugarmamma.TV.

The Sydney mother of three, who is a licensed financial adviser, began producing videos on financial

IS

wellbeing seven years ago.

According to a survey by Compare The Market, on average, Australians will spend $716 on Christmas celebrations this year.

New South Wales residents cough up the most cash at Christmas, spending $813, while Western Australia spends the least, with $615 on average.

But no matter what state you live in, Canna has top tips on how to slash that spend this silly season.

When it comes to gifting, Canna says you have to go into shopping with a plan.

"Make a list of who you need to buy for and set a financial limit," she says. "Do research and find the best price possible."

"If someone you have a $30 budget for, but only spend $20, don't feel obliged to spend the extra $10. Run with that savings."

The savvy saver also suggests cutting costs by shopping second-hand at places like Facebook Marketplace and Gumtree, especially if you're buying for children.

"Kids outgrow things so quickly," she adds.

And if you're still struggling to think of what to pop under the tree, Canna adds that the best gifts can even be free.

"You don't need to spend a fortune to give a thoughtful gift," she says.

"Things like offering to make a beautiful lasagne when your partner is tired, or a token to serve high tea at home."

By Courtney Greatrex

How to save on...

GIFTS

- Invest in memory-creating activities like a bushwalk with friends or a park picnic.
- To cut down on buying multiple presents, do a Secret Santa with your extended family.
- Make cash back from online shopping with Cashrewards.
- Shop second-hand gifts from Salvos, Facebook Marketplace, Gumtree and eBay.

FOOD

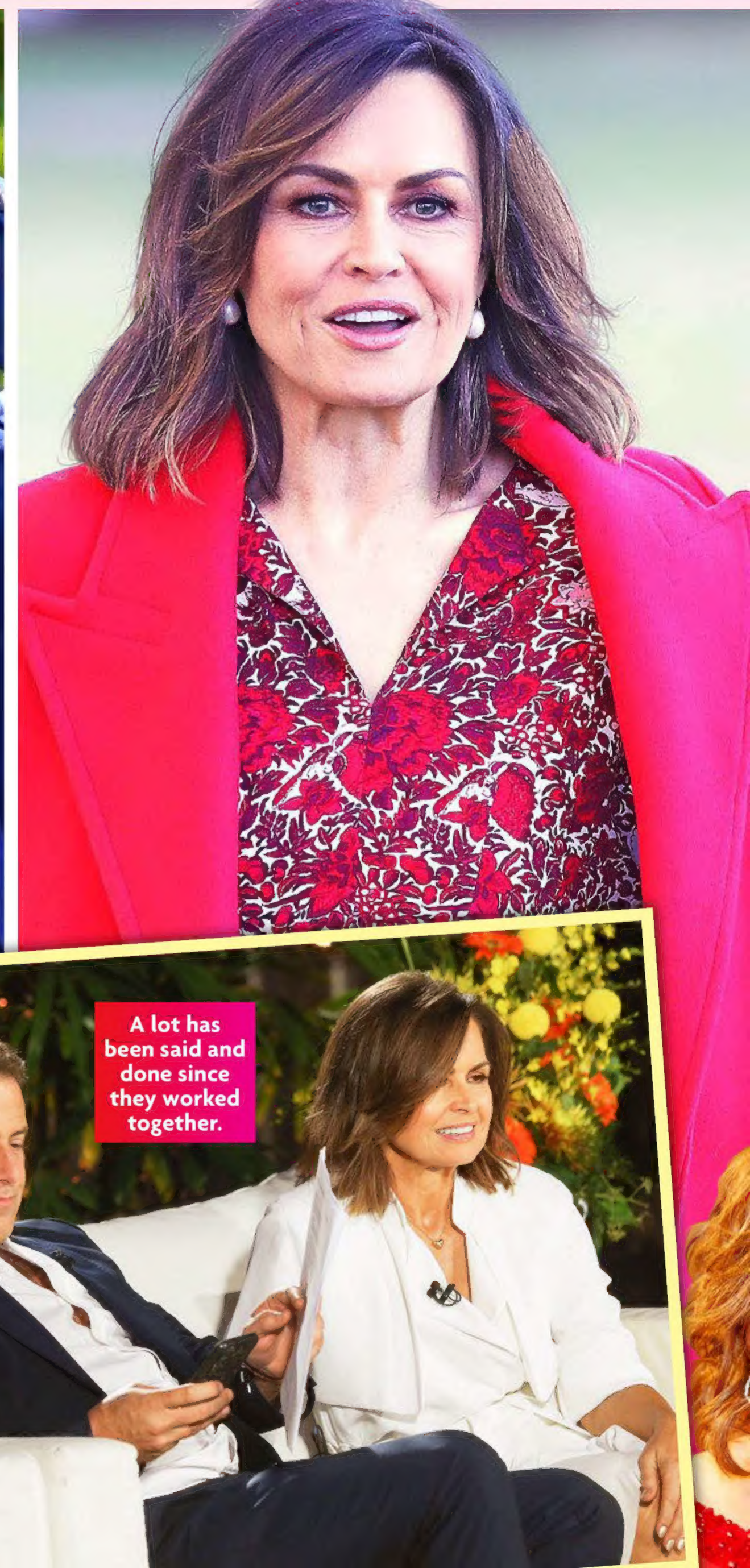
- Consider stocking up on non-perishable items throughout the year.
- For Coles weekly specials, the best time to shop is Wednesday as the shelves get fully stocked the night before.
- Want to save on bread and meat? Head to your local Woolworths after 4.30pm to get a discount on bread and other fresh produce.
- Use the app Frugl to compare supermarket prices and find items like alcohol on special.
- Sign up for Woolworths Everyday Rewards and bank the discounts.

DECORATIONS

- Reuse what you have or combine with a few thrifted ones to create a new look.
- Save on wrapping paper by choosing gift bags or place presents in reusable cloth bags and tie with a nice ribbon.
- Send festive wishes online or via SMS. Get the kids to draw Christmas cards and send it by email instead of paying for postage!

KARL'S PANIC

'HE DIDN'T SEE



A lot has been said and done since they worked together.

IT COMING'

COULD HIS OLD CO-HOST BE ABOUT TO MAKE UP WITH *TODAY*?

Just as *Today* host Karl Stefanovic was beginning to wind down after another tense 12 months in the breakfast TV wars, his former co-host, Lisa Wilkinson, was announcing her departure from *The Project* after five rather controversial years.

Her sudden exit from Network Ten's flagship current affairs program sent shock waves through the industry, prompting plenty of talk about just where she might pop up next.

For now, Lisa, 62, says she's remaining with Ten and "looking at some very exciting work ideas ahead". However, even if the veteran journalist does decide to move on in the future, we're told there's "no chance" she'll be welcomed back at *Today* as long as Karl, 48, is reigning supreme.

It's true Karl will be in need of a new co-host if the whispers his current sparring partner, Allison Langdon, is moving to *A Current Affair* to succeed Tracy Grimshaw prove accurate. As such, we're told Karl jumped on the phone to his bosses when he found out the news about Lisa to assess the situation.

"Karl has always remained very dignified when it comes to Lisa," explains our source. "And while he's only ever shown her respect, he knows there's absolutely no way he could work with her again after all the things she has publicly said about him."

It was only a year ago that Lisa took aim at her former colleague in her tell-all memoir *It Wasn't Meant to Be Like This.*

Since then, Lisa hasn't been holding back in her criticism of how she was reportedly sacked following a pay dispute. She also revealed that she realised her friendship with Karl was just "for the cameras".

"You can't come back from the stuff Lisa wrote in her book. It was no secret Karl was not happy, especially when Lisa delved into his personal life over a number of chapters – which is a no-go zone," says the insider.

'There's absolutely no way he could work with her again'

CAN SARAH SAVE THE PROJECT?

Sarah Harris is officially replacing Carrie Bickmore on *The Project*. While the *Studio 10* host says she's "beyond excited" to be leading the show five nights a week alongside Waleed Aly, insiders claim she's likely feeling the pressure, and suggest the fate of the show rests solely on Sarah's shoulders!

"Ten clearly love Sarah and have a lot of faith in her," says our insider, referencing the fact Sarah, 41, is the only original *Studio 10* presenter still on the show. "There's no doubt Sarah is beyond deserving of replacing Carrie, but you have to wonder if it'll be enough to save *The Project*."

Girls go wild!

First round's on Lisa!

Now that her evenings are her own again, Lisa is ready for a night on the town – and she's hoping a few famous faces will join her in letting her hair down.

After announcing she was leaving *The Project*, Lisa took to social media to invite three of her fellow recently resigned female TV hosts out for a celebratory drink.

"Finally, to Leigh Sales, Tracy Grimshaw and Carrie Bickmore – if you guys are up for a drink, I'll see you at the bar, because the margaritas are on me," Lisa quipped.

Oh, to be a fly on the wall. If anyone deserves a night of tequila and dancing, it's these gals!

State banquet

TEARS & TI

TENSIONS REACHED AN ALL-TIME HIGH AHEAD OF THE ROYAL EVENT

When the British royals hosted their first state visit since the painful death of Her Majesty Queen Elizabeth II, it was a given they'd dress to impress.

But the battle to see who would take the crown as the family's reigning queen of glamour took a nasty turn – and left the Princess of Wales fighting back tears.

On November 22, Queen Consort Camilla showed up to the banquet welcoming

MARY & FRED COMING TO OZ!

Forget dreaming about a white Christmas – all Crown Princess Mary wants is a sunkissed one.

The Australian-born Danish royal is bringing her husband, Crown Prince Frederik, and their kids, Prince Christian, Princess Isabella, Prince Vincent and Princess Josephine, Down Under for the festive season.

"In December, the Crown Prince family will travel on a private Christmas holiday in Australia to celebrate the holiday together with HRH the Crown Princess's family," the Danish royal household confirmed.

Mary's family love hitting the beach when in Australia.

SHOWDOWN

TANTRUMS, TIARAS!

South African President Cyril Ramaphosa in her late mother-in-law's Belgian Sapphire Tiara. It was the first time she's worn the dazzling diadem, and sources say she did everything she could in the lead-up to the important evening to ensure she wouldn't be outshone.

So while Camilla, 75, was dripping in new jewels that she'd raided from palace coffers, Kate, 40, was forced to reuse the Cambridge Lover's Knot Tiara for the ninth time.

"[Camilla's] helped herself to the best of Elizabeth's jewels and other possessions, most of which have passed onto Charles," says a source.

"Anything Camilla sees and wants to grab for herself, she does."

It's believed Kate had her eye on the stunning sapphire sparkler for herself, but never stood a chance against Camilla who has "seized control" of the former monarch's collection of gems.

"For Kate, she wanted to wear the new tiara to feel close to Elizabeth, not because she wanted to upstage anyone," says the source.

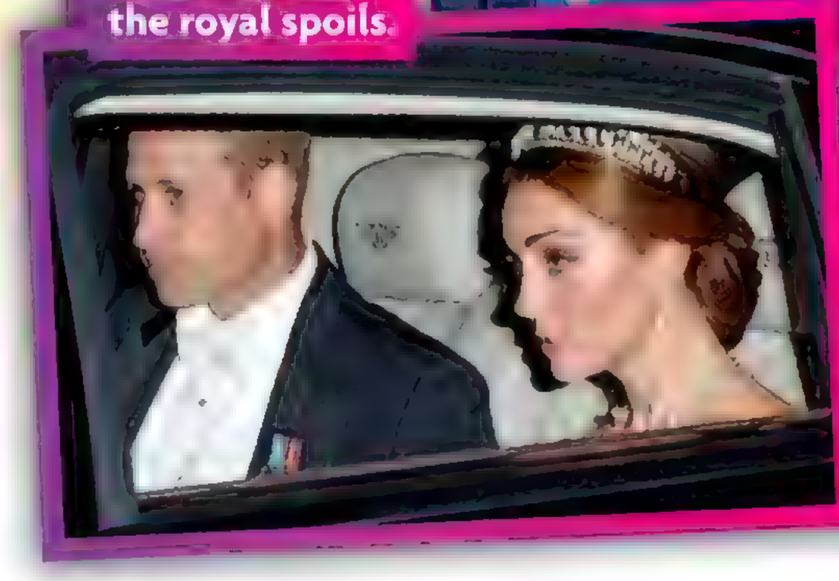
Things came to a head at the palace, after Kate was banned from the royal vault.

"Kate shed a few tears but then she moved on," says an insider. "She's always been very popular and glamorous, and unfortunately, that's difficult for some other women in the family to take.

"At the end of the day, she doesn't want to rock the boat and make things harder for Prince William, whose had enough drama to last a lifetime."

Kate put on a brave face during the dinner, choosing to bring out her much-used tiara.

Camilla doesn't want to share the royal spoils.



While the late Queen Elizabeth owned the Cambridge Lover's Knot Tiara, it was often worn by Camilla's arch rival, Princess Diana, so she's unlikely to want anything to do with it, leaving it safe in Kate's care.

"Kate doesn't need a new crown to look amazing and she knows it," explains the source. "She could show up in a potato sack and still outshine every woman in the room, regardless."

Kate put the tiff aside to focus on doing her duty.

WIN! A ROYAL STAMP SET

In memory of Her Majesty The Queen, we are giving 15 lucky readers the chance to win an *In Memoriam: Her Majesty The Queen Souvenir Cover stamp set*, valued at $14.26 each. For your chance to win, visit **newidea.com.au/souvenir** and enter your details. Good luck!

For full terms and conditions visit aremedia.com.au/competitions. Competition opens 28/11/22 and closes at 11.59pm AEDST on 04/12/22. Draw will take place on 05/12/22 at 9:30am AEDST at Promoter's premises and winner will be published at prizestolove.com.au/winners by 12/12/22. One entry per person permitted. Total prize pool is $213.90. Open to Australian residents. The Promoter is Are Media Pty Limited, 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under NSW Permit Number: TP/00018.

I'M COMPLETI A MARATHON at 96!

CHAMPION RACEWALKER HEATHER IS PUTTING HER BEST FOOT FORWARD

Like a fine wine, Heather Lee gets better with age. The 96-year-old has always been competitive, enjoyed a challenge and placed great importance on her health and fitness.

"I've always led an active life and ran, played hockey, tennis and swam," she tells New Idea.

When Heather sadly lost her beloved husband Len, aged 81, to cancer, slowing down held no appeal for her.

Instead, she went out and found a new hobby that has taken her all over Australia and led to her becoming a world-record holder.

"Losing Len was hard," Heather says sadly. "His last words to me were, 'now it's time to show your mettle.'"

His words of encouragement to stay strong through the sorrow, motivated Heather, then 70, to join a local walking group to help cope with her grief.

Her new-found love of walking saw the great-grandma become a racewalking record holder just a few weeks before she turned 85, when in 2011 Heather entered the 1500m, 3km, 5km and 10km racewalking events in the Australian Masters Games in Adelaide. She took home gold in her age group for all four events – and also beat the existing Australian record for the distances.

"I was ecstatic," she chimes. "I've always been competitive but never dreamt I'd do so well. From then on I wanted to push myself to be the best racewalker in the world.

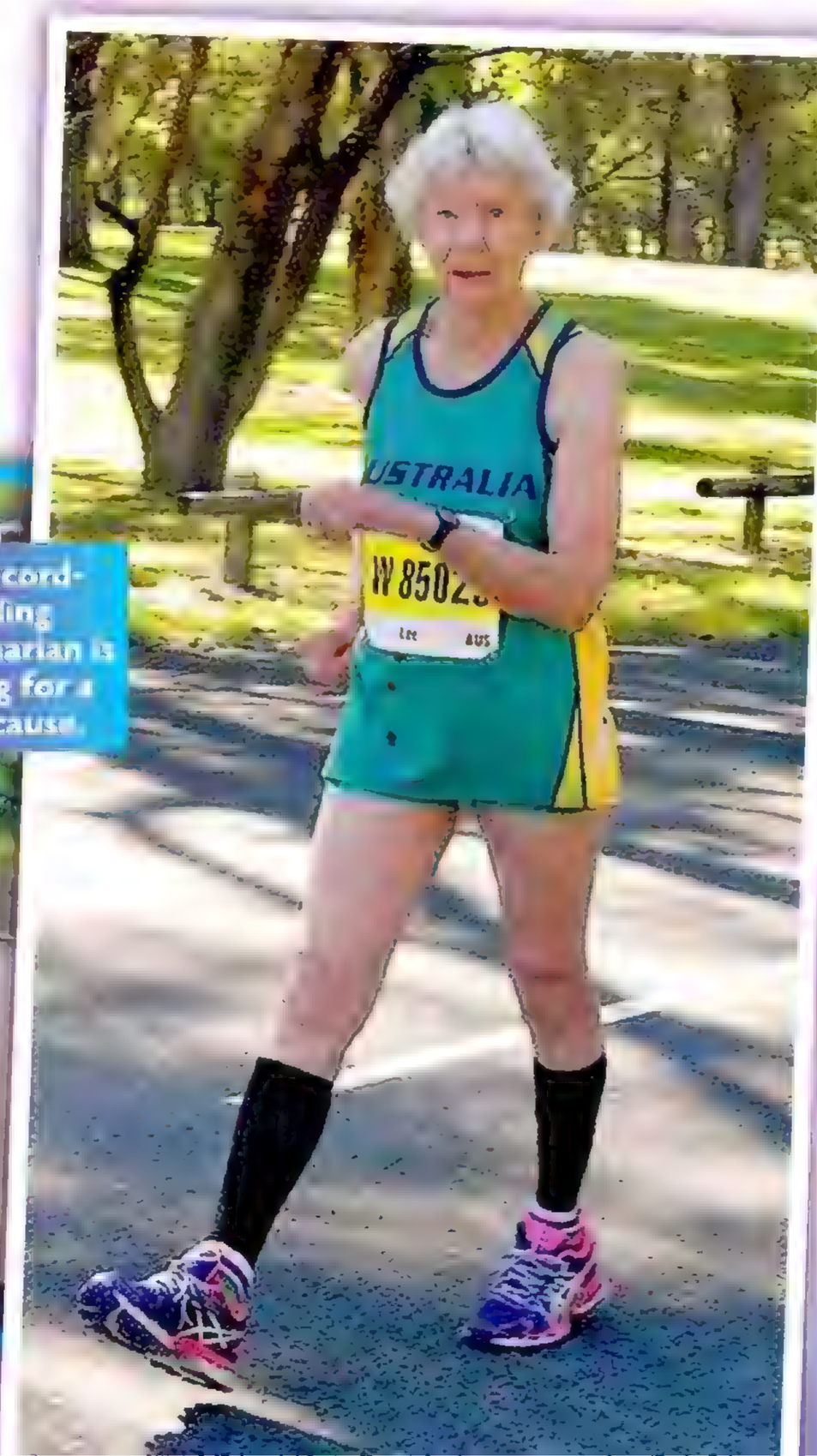
"I always want to better myself and be the best I can be, and I knew I could beat those times and claim those records for myself," she says.

Training for events and world-record attempts, Heather took to her treadmill, smashing out speedy stride after stride, and hit the local parks three times a week.

In 2012, Heather broke the world record for racewalking in the 3km and 5km races.

"It still gives me goosebumps when I think about it," she proudly recalls.

Since then, Heather has



The record-holding nonagenarian is walking for a good cause.

continued to break world records – including her own – with nine to her name.

Now competing in the 95-100 age group, she most recently got a perfect trifecta, clocking an impressive time of 13:45.93 to establish the first world record for the women's 1500m, followed by smashing the record in the 400m, and then beat the existing 800m racewalking world record.

Passionate in her support for the Cancer Council, Heather has also covered thousands of kilometres participating in charity walks, including their annual March Charge.

This month she's supporting the Premmie Baby Marathon Challenge to raise funds for premature babies and give them a better chance of survival.

She has no intention of slowing her pace.

> ***'I always want to better myself and be the best I can be'***

"I love being a world champion and it's so rewarding to be an inspiration to people of all ages and show them that no matter what age or the distance, walking is for everyone," Heather says.

"Len would be so pleased and proud," she adds. "I'm determined to stay fit, active and carry on breaking records. Len told me to show my mettle and I think I did just that!"

By Ruth McCarthy

• *Donate to Heather's cause at runningforprematurebabies.com/fundraisers/heatherlee1406/premmie-marathon-challenge-ultra*

Romantic Robert has caught himself a lovely lass.

WORLD EXCLUSIVE

Meet Robert GIRLFRI

The adorable couple were seen chatting away.

Only in New Idea

's END!

THE LOVEBIRDS ARE PERFECT TOGETHER... LIKE BURGERS AND FRIES!

Young love is in the air … and crikey, it's making us feel old!

In news that will likely break the hearts of his many female fans, New Idea can exclusively reveal Robert Irwin has jumped into the dating pool – and he appears completely taken with his pretty plus one.

On November 18, he was spotted out on a date with his rumoured new girlfriend. After a busy day working at Australia Zoo, the pair grabbed burgers and fries from a Grill'd restaurant.

They then headed to a local beach to eat, with Robert, 18, pulling his sweetheart in for some snuggles as they watched the sun set. Aww!

Not much is known about how Robert met his new flame, also 18, but it's believed she is the niece of the late Heath Ledger.

Just last month Robert said his sister Bindi was pressuring him to start dating so it would take "some of the heat [off her]".

Looks like the message was received loud and clear!

THE PERFECT CHRISTMAS GIFTS ARE HERE ON 4K, BLU-RAY & DVD!

OUT NOW

Worldwide first on Blu-ray for the first 4 films from the legendary *Carry On...* film series. Includes audio commentaries on each film.

OUT NOW

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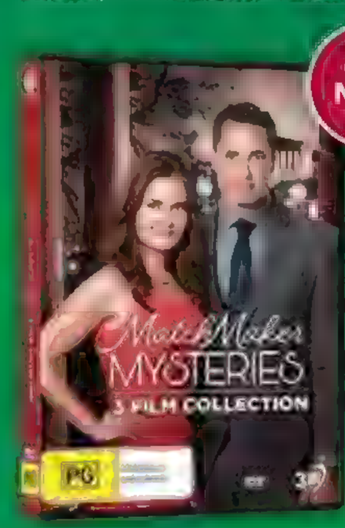
OUT DEC 7

Based on the bestselling mystery novel series from author **Charlaine Harris**. All 18 films together for the first time!

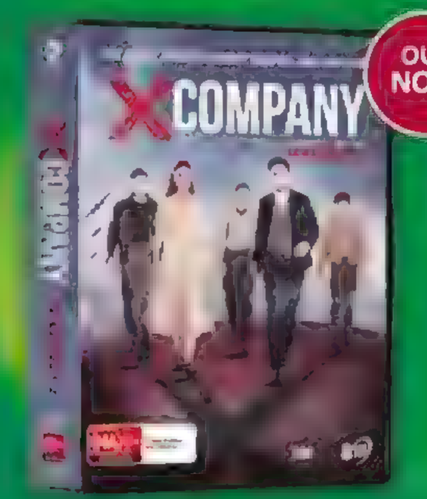


OUT NOW

All 3 films of the mystery series starring **Danica McKellar** and **Victor Webster**, on DVD in Australia for the first time.

OUT NOW

Real-life couple *Alexa PenaVega* and **Carlos PenaVega** team up for 3 thrilling mysteries!



OUT NOW

All 3 seasons of the thrilling spy series that takes place during World War II. Aus 1st on DVD!

OUT JAN 4

Australian first on DVD for this critically-acclaimed medical drama starring **Ryan Eggold** *(90210, The Blacklist).*

OUT JAN 4

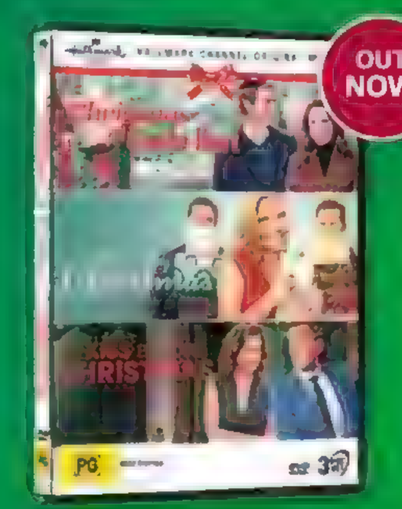
Reboot of **Tom Selleck's** classic 80s series, starring **Jay Hernandez** and **Perdita Weeks.** Aus 1st on DVD!

OUT NOW

Three romantic films on DVD for the first time in Australia - including **Emily Osment** *(Hannah Montana)* in Christmas Wonderland.

OUT NOW

Candace Cameron Bure stars in *Christmas Under Wraps,* one of three heartwarming films in this Hallmark collection.



OUT NOW

Christmas is just around the corner... These romantic films are full of festive spirit: a perfect gift for mum!

OUT NOW

Fall in love all over again - three Hallmark films on DVD for the first time in Australia.

OUT NOW

Stuff your stocking with three romantic Christmas tales, starring **Candace Cameron Bure, Rachel Boston** and **Marisol Nichols.**

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Another WILDLIFE WARRIOR on the way!

BINDI'S DREAMS OF HAVING A BIG BROOD ARE COMING TRUE

Bindi Irwin already has her hands full juggling raising her daughter, Grace, with running Australia Zoo – but it seems life's about to get even more chaotic.

The 24-year-old Wildlife Warrior wished husband Chandler Powell a happy 26th birthday on Instagram last week, and fans were quick to spot a telltale sign that suggests she's pregnant again! Indeed, in the photos, Bindi appeared to strategically pose so her stomach was hidden by the cake.

"Bindi and Chandler have been actively trying for their second child since the early spring and everyone's convinced, they've already conceived," says a source. "She seems to be making an obvious effort to cover up in photos of late … using everything from cakes to books and even Grace!"

Chandler's US-based family even flew all the way from Florida to Queensland for the exciting day.

"Bindi's glowing right now and clinging to Chandler like a barnacle," tells the friend.

"It's going to be hard to hide their excitement from the world, but the timing couldn't be more perfect."

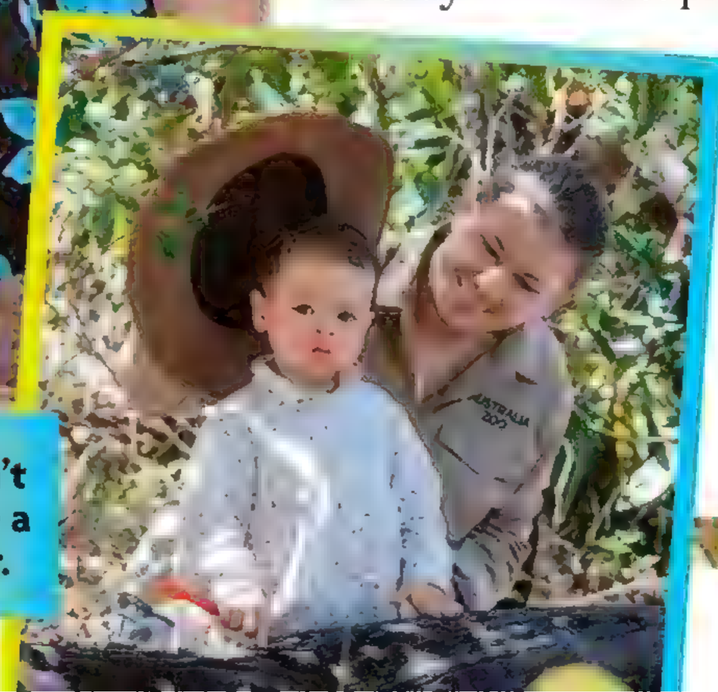
It's welcome news for the couple, who have made no secret about wanting to give 1-year-old Grace a few playmates.

"They adore being parents and are still starstruck over their little girl," continues the source.

"They can't wait to see what kind of a big sister Grace is going to be."

For now, though, the pair are happy keeping any big news to themselves.

"If Bindi is in fact pregnant, it's understandable she'd want to keep it under wraps. The global excitement over baby Grace was too much, this time they've vowed to enjoy the experience for themselves."



Grace can't wait to be a big sister.

The Blockhead is recovering well after her double mastectomy.

Sarah-Jane's cancer shock

'MY BOOBS WERE KILLI

A SECRET DIAGNOSIS PUT THOSE *BLOCK* AUCTION RESULTS INTO PERSPECTIVE

Humour and candour made her a fan favourite on *The Block*, but behind the scenes Sarah-Jane Calleja was facing a private health battle she is now ready to make public.

The 30-year-old and her husband Tom, 34, were the surprise losers of this year's auction day, making just $20,000 after three months of gruelling work and being separated from their 1-year-old daughter, Cleo.

Little did viewers know there was something much heavier weighing on their minds that night.

"In 2017 we did testing and I found out I had the BRCA1 gene, so that increased my chances of getting breast cancer by 75 per cent in my lifetime," Sarah-Jane tells New Idea. "They gave me my options and I chose a double mastectomy."

After five years on the wait list, Sarah-Jane was told 24 hours prior to the auction that she'd be having the major operation in less than a fortnight.

Although the couple were disappointed with their results on the show, Sarah-Jane's impending procedure gave them some much-welcomed perspective.

"I think it's the reason Tom and I weren't that gutted," Sarah-Jane reveals. "I knew that I was about to have this surgery which was going to change my life. So not making hundreds of thousands of dollars didn't really mean anything."

For Sarah-Jane, the surgery was a no-brainer.

"Having seen my mum have breast cancer twice, I know what it does to children.

"So I thought to myself, if I can stop my daughter going through something like that, then I am going to make that decision.

"It was really important for me as a mother to do this, because I want to be around for Cleo – and any future children – for as long as possible."

Despite knowing that surgery was her best option, she couldn't avoid the feeling of fear as the day approached.

"I was worried that I was going to walk out of there feeling less like a woman.

"The night before I definitely had a cry in my bed. I was looking at my titties and I thought, 'I'm really going to miss you.' I had a great rack – it's one thing I always loved about myself."

Sarah-Jane didn't want to miss out on seeing daughter Cleo grow up.

NG ME'

But through the healing process she again relies on the gift of perspective.

"My boobs don't make me a woman, how I am as a daughter, wife, a mother and as a person, that's what makes me a woman."

Sarah-Jane would be forgiven for wanting to just curl up in a ball, but with Tom's help, she is stronger than ever.

"I hit the jackpot," she exclaims. "Tom has been great, he has never missed an appointment, he has taken over mummy duties and he's been sleeping on the couch because he doesn't want to roll onto my drains."

And with his support she tearfully admits, "I feel like a warrior and I didn't look at myself like that before, but I feel that way now."

'Tom's been great ... I feel like a warrior'

Lachy Wiggle says I DO... AGAIN

IT WAS A NICE DAY FOR A WIGGLY WEDDING REDO

Trading his purple skivvy for a dapper three-piece green suit, Wiggle Lachy Gillespie couldn't hide his joy as he finally made it official with long-term girlfriend Dana Stephensen.

Exchanging vows in front of a floral archway featuring beautiful roses, the smitten newlyweds were joined at the altar by their 2-year-old twins, Lottie and Lulu, as well as Dana's 7-year-old son Jasper.

It was the second trip up the aisle for Lachy, who famously married his then-bandmate, Yellow Wiggle Emma Watkins, in April 2016. The pair called it quits just two years later, with Lachy, 37, explaining "we were going different ways".

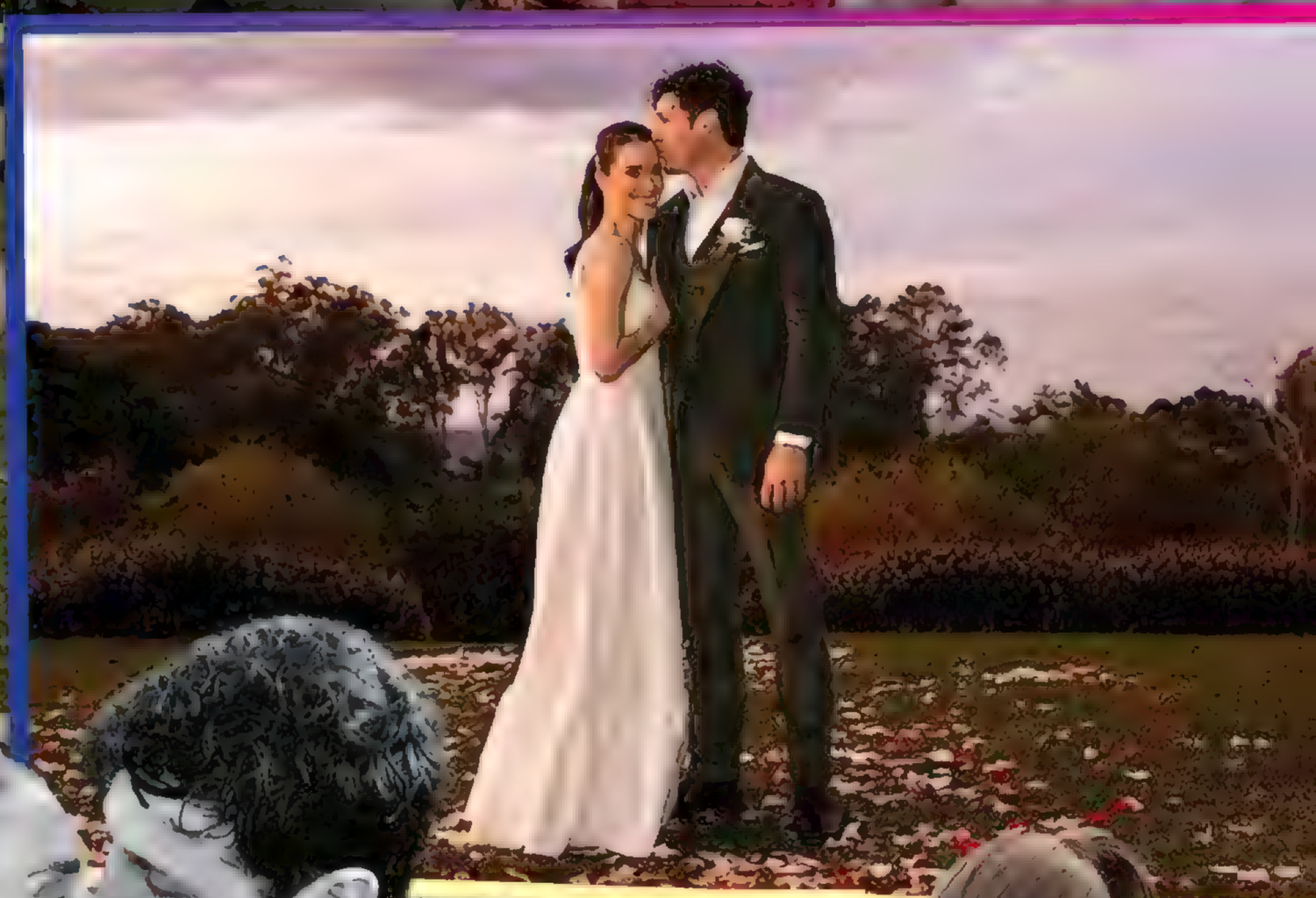
Proving there's still lots of love between them, Emma, 33, congratulated her ex and his new bride on their nuptials after they shared the news on Instagram. She left a comment that included the double heart and praying hands emojis.

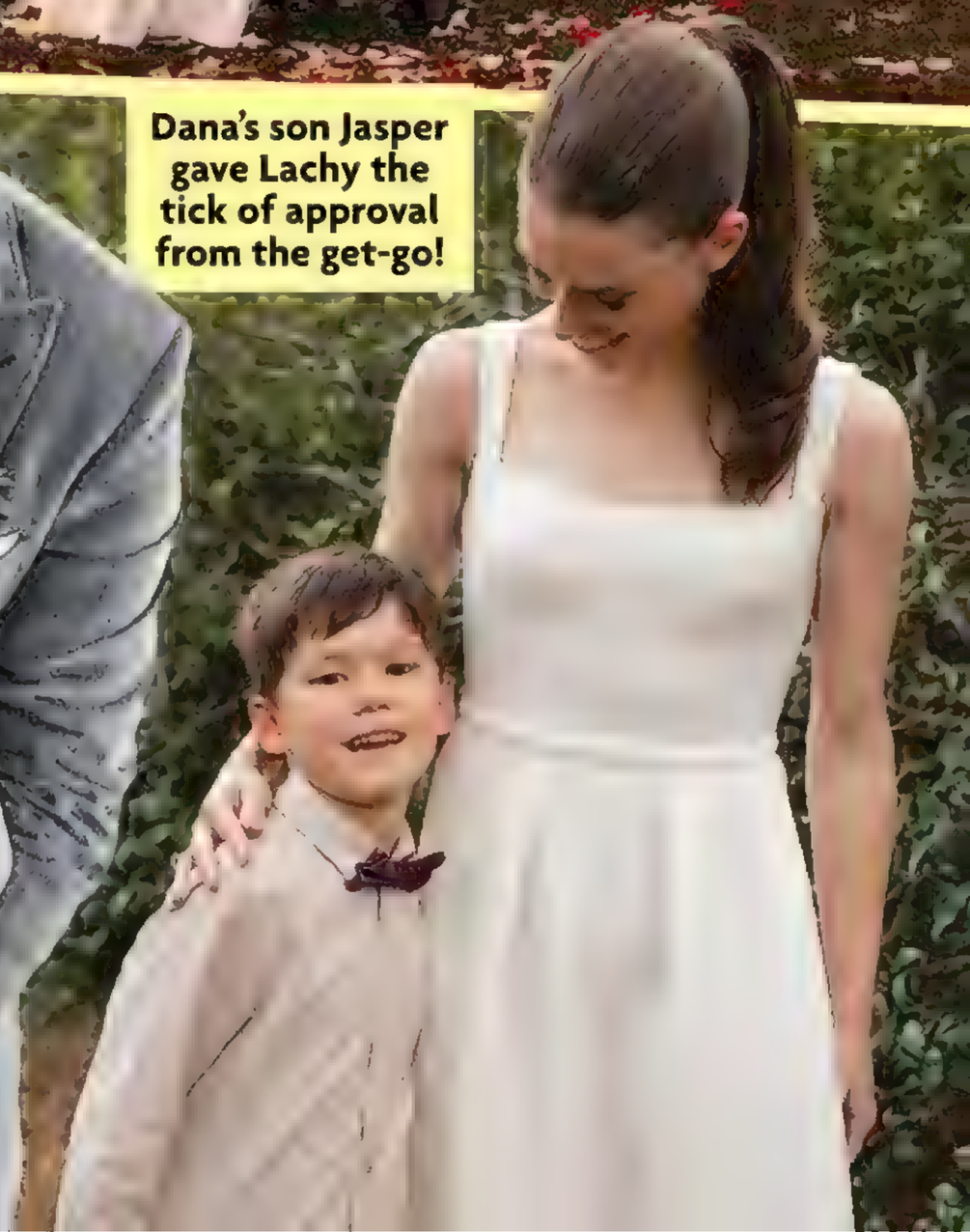
Shortly after Emma and Lachy announced their split, he met Dana, a dancer with The Australian Ballet, when she worked with The Wiggles. Emma says she instantly knew the pair "would be perfect together" as they have "similar energy"

'Lachy and Dana are perfect together'

PHOTOGRAPHER: Bayleigh Vedelago.

Kids Jasper, Lulu and Lottie stole the show!





Dana's son Jasper gave Lachy the tick of approval from the get-go!

– and sure enough, in 2020 single mum Dana proposed!

In his wedding post, Lachy recounted the early days of their union, writing: "Only after meeting Jasper twice, one night while [Dana] was putting him to bed he looked up and said 'mummy, your colours have changed!'

"Ever since that beautiful moment, our little family has had a rainbow colour theme running through everything we do."

Christmas
with THE AUSTRALIAN Women's Weekly
Hosted by Sarah Harris
7.30pm Friday December 9
10

Chris is ready to face the future with supportive Elsa by his side.

He's only 39!

Chris' battle with ALZHEIMER'S

FAMILY COMES FIRST AFTER A DREADED HEALTH PROGNOSIS

He's one of the fittest stars in the world, but Chris Hemsworth's world has been rocked after he was given a heartbreaking medical warning.

The Aussie actor says his "biggest fear" has come true, after a series of genetic tests confirmed he has an increased risk of developing Alzheimer's disease.

After hearing the shocking news, Chris revealed he is taking an indefinite break from work to focus on himself and spend time with wife, Elsa Pataky, 46, and kids, India, 10, and 8-year-old twins Sasha and Tristan.

"It really triggered something in me to want to take some time off," he said. "I'm going home and I'm going to have a good chunk of time off and just simplify. Be with the kids, be with my wife."

Chris, 39, learnt he has two copies of the APOE4 gene, meaning he is 10 times more likely to get the degenerative disease.

Chris took the tests as part of his new Disney+ docuseries *Limitless*, where he pushes himself to the extreme to learn more about alternate ways of living.

Worryingly, dementia is a disease that runs in the Hemsworth family, with Chris explaining that his grandfather is slowly succumbing to the illness.

"I'm not sure he actually remembers much anymore and he slips in and out of Dutch, which is his original language," Chris revealed.

However, thanks to new research, Chris is committed to doing everything he can to stay healthy.

"It's all about sleep management, stress management, nutrition, movement, fitness. It's all kind of the same tools that need to be applied in a consistent way," the determined star added.

The *Thor* star is now prioritising family time.

NEIGHBOURS

PLOT TWIST! NOT ALL ARE HAPPY WITH THE RETURN TO RAMSAY STREET...

Harold Bishop (Ian Smith) and Dee Bliss (Madeleine West) might have seemed to pull off the perfect comeback when made their respective returns to Ramsay Street after being killed off, but this time it's *Neighbours* itself that is returning from the dead.

Less than four months after the star-studded series finale featuring Kylie Minogue, Jason Donovan and Guy Pearce aired, the Aussie soap has announced it's coming back to screens.

In a video shared to the show's official Instagram page, 'Heritage Four' cast members Stefan Dennis (Paul Robinson), Alan Fletcher (Karl Kennedy), Jackie Woodburne (Susan Kennedy) and Ryan Moloney (Toadie Rebecchi) reprised their roles to reveal a new season is going into production, which will air next year.

"We miss you and we can't wait to see you again," Jackie beamed as she shared her good fortune.

However, not everyone in Erinsborough was overjoyed with the announcement.

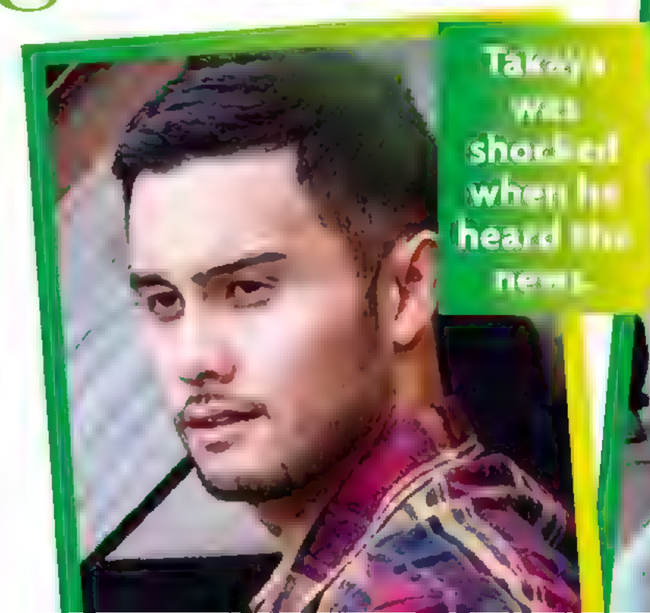
"Just FYI the cast is finding this out right now," Takaya Honda posted, admitting he'd been kept completely in the dark about the miracle resurrection.

'We're not keen on going back'

April Rose Pengilly also confirmed she'd been kept out of the loop.

"Apart from the Heritage Four, none of us have been asked to be involved yet," the actress, who played Chloe Brennan, says. "It's like, all us cast and crew lost our jobs. Now the jobs are back! But maybe we don't get the jobs."

They aren't the only ones confused by the news, with viewers unsure what it means for the happy endings of their favourite characters.


Takaya was shocked when he heard the news.

The fab four might have their jobs back, but the rest of the cast are waiting by their phones

Behind-the-scenes DRAMA from hell

ALAN DALE
He left over a pay dispute, saying: "The producers were greedy and nasty."

SHARON JOHAL
The actress says she experienced racism on set and found some storylines "culturally insensitive".

NICOLA CHARLES
The British star claimed castmates tried to have her deported.

KYM VALENTINE
She sued producers over "pain, hurt and humiliation".

"Are we just supposed to forget that Scott and Charlene ever came back? Or that Mike is now supposed to be living at No. 24? I can't see Guy Pearce coming back again," one frustrated fan told New Idea.

Neighbours ran for a whopping 37 years – the longest-running drama series in Australian television history – and produced 8,903 episodes before it was given the axe by Network Ten in July.

While the audience had slowly been declining for years, the epic 90-minute send-off was a smash-hit, with almost a million Aussies tuning in to say goodbye.

While details of the new incarnation are being kept under wraps, viewers should expect a very different Ramsay Street when it returns.

Not only were the sets dismantled, but April also believes it'd be hard to get actors on board if the drama wants to keep up its gruelling filming schedule.

"I don't speak for everyone, but I think we're not keen on going back to something like before – it was all-encompassing and exhausting," she says.

"Best-case scenario would be something like a normal show, where we'd shoot for just a few months of the year."

As for Kylie and Jason, who were convinced to return, are they upset?

"They might be a little ticked off, but they would be happy to know they single-handedly saved an Aussie institution," says an insider.

Noni Hazlehurst

SELLING HER OF PARADIS

Noni's home, 'The Gables', boasts four bedrooms.

EMPTY NEST SYNDROME SPURS AN EXCITING NEW CHAPTER

It's the hidden oasis Noni Hazlehurst retreated to after quitting her hit TV show, *Better Homes and Gardens*, and splitting from second husband, actor John Jarratt. But after some 20 blissful years in the Gold Coast Hinterland, the much-loved star-turned-empty-nester is making a big change again.

Ahead of her milestone 70th birthday next year, Noni says the time has come to sell 'The Gables', the palatial home on Tamborine Mountain, where she largely raised her and John's two boys, Charlie and William.

"I'm in the downsizing phase of my life again," Noni says. "My family is dispersed, as families tend to do, and so it's got too much, so it's time."

Indeed, eldest son Charlie now lives in Melbourne and is talking about having kids with his wife. Meanwhile, William, also married, is based in Nashville, where he is carving out a career as a musician.

"It will be lovely to have grandchildren," says Noni.

Seeing inside Noni's slice of tropical paradise will no doubt excite her fans. The *A Place to Call Home* star has long been guarded about her home life – though it wasn't always that way.

Indeed, Noni shot many segments of *Better Homes and Gardens* at the Blue Mountains home she once shared with ex John.

The pair co-hosted the show together, before they split in 1997.

When the show, now an Australian institution, launched in 1995, Charlie was just 6 years old and Noni was still breastfeeding 12-month-old William.

'My family is dispersed ... it's got too much'

Therefore, she only accepted the hosting job on the proviso that most segments would be shot at her and John's NSW property.

But the long hours spent filming at home with their

SLICE E!

She hopes to stay in Queensland, just in a smaller home.

two young sons took its toll on the marriage and John moved out two years later. He also cut ties with *Better Homes and Gardens*, which had by then become a huge hit for Channel Seven.

A few years later, Noni found her dream home near the Gold Coast. It became the perfect place to build her new life as a single mum, and provided the privacy the *Play School* host craved after her very public divorce from John, 70.

Noni renovated the "fantastic family home" herself, but says the four-bedroom Cape Cod-style home on 4047 square metres of tropical gardens teeming with wildlife has become too much for her to manage, so she's decided to "downsize".

The actress also says it was the perfect place to retreat from the world over the past two years during the pandemic.

The actress bought the family home after splitting from ex John Jarratt.

JAC

SOURCES SAY PRINCE MICHAEL RESENTED HIS FATHER AS HE GREW OLDER

Crowned the King of Pop, Michael Jackson had been a household name since his childhood, when he and his siblings topped the charts as The Jackson 5.

However, 20 years ago, Michael made an ill-thought decision that horrified the world, and irrevocably changed the public's opinion of him, well before his reputation was tarnished by abuse allegations.

On November 19, 2002, Michael stepped onto the fourth-floor balcony of his Berlin hotel and lifted his then 9-month-old baby over the metal railing. The child was

Blanket, now 'Bigi', made a rare public appearance at a Halloween party in October (right)

years on... KO, BLANKET & the balcony!

Prince Michael Jackson II, now more widely known as 'Blanket', who Michael welcomed into the world that February via a surrogate. The pop star was already a dad of two, sharing son Michael 'Prince' Jr and daughter Paris with his ex-wife Debbie Rowe.

In an apparent attempt to connect with excited fans gathered below, Michael tenuously wrapped just one arm around Blanket's waist as he dangled the bub to 'meet' the crowd.

The move was instantly met with cheers but also screams and shrieks from the concerned onlookers.

The entire terrifying incident was captured by fans and paparazzi in videos and photos – and the footage was quickly beamed around the world.

The outrage was swift, brutal and deserved as people struggled to comprehend why a father of three would purposefully endanger the life of his own child.

Days later, Michael issued a statement, conceding he'd made a "terrible mistake".

"I offer no excuses for what happened," he said in his apology. "I got caught up in the excitement of the moment. I would never intentionally endanger the lives of my children."

Unfortunately, the damage had been done. Children's rights activists slammed his abhorrent actions, as did some of his own close acquaintances.

One good friend, Uri Geller, was scathing, saying: "I just would not put any child over a railing at such a height.

"I think it was a silly thing to do. [Michael] probably did it because he was overwhelmed emotionally by the fans."

Michael's music career indisputably places him among the greatest of all time. He sold more than 70 million copies of his biggest album, *Thriller*, and won a slew of industry accolades, including 13 Grammys.

Yet, it's the questionable personal behaviour of the pop icon that has subsequently made his career problematic. This is something that's become widely acknowledged in recent years following unearthed allegations of sexual misconduct and abuse.

But back in 2002, this incident was one of the first major chinks in Michael's public veneer. And we now know that it wouldn't be the last.

As for what happened to 'Baby Blanket'?

In 2015, he officially ditched the name and prefers to go by 'Bigi'. Sources say he found the moniker "stupid and resented his father for calling him that".

Following Michael's death in 2009 at the age of 50, Bigi, now 20, has lived his life away from the spotlight and is rarely seen publicly. This is in stark contrast to his older half-siblings, Prince, 25, and Paris, 24, who are active on social media and regularly attend events honouring their father.

'He found the moniker stupid'

Michael's eldest kids Prince and Paris are red-carpet regulars.

Jon (left) and Meryn O'Brien (right) and daughter Bronwyn are still grieving.

Heartbroken families of MH17 FLIGHT VICTIMS speak out

Jack O'Brien was one of 38 Australians killed.

EIGHT YEARS AFTER THE CRASH, JUSTICE HAS BEEN SERVED

The loved ones of those who died in the 2014 Malaysia Airlines MH17 tragedy have finally been served a small slice of justice, eight years after the deadly Russia-orchestrated attack.

A Dutch court convicted two Russians and one Ukrainian national of the murders of 298 passengers and crew who were killed when the plane was shot down during a flight from Amsterdam to Kuala Lumpar on July 17, 2014.

Among the 38 Australians who died was 25-year-old Sydney man Jack O'Brien.

Jack's mother Meryn felt a small pang of relief when the guilty verdicts were handed down in the District Court of the Hague on November 18. Speaking to *The Daily Telegraph* following the court's ruling, the grieving mum said while the verdict was a positive outcome, her

Judges viewed the reconstructed wreckage of MH17 at a Dutch air base.

son's loss is still profound.

"There's some relief, but it's not over. It helps, but it doesn't bring back Jack. He was happy, he was in the prime of his life when we lost him," Meryn said.

"We're going to be living with the loss all our lives, it can take a long time for others to be prosecuted."

NSW man Bryan Clancy, whose brother Michael and sister-in-law Carol perished, welcomed the verdict, and spoke about the unique grief of losing family to such a senseless attack.

"To this day I feel emptiness. My brother and I did everything together," Bryan told the court in his victim impact statement.

"I have not been able to open up, explain how the murder of Mick has shattered me. I just can't talk about it because it's too raw, and nobody can go anywhere near understanding the feeling of loss, anger, terror and helplessness that I continue to experience."

Sister Philomene Tiernan also lost her life that day. Her sister, Madeleine Wright, shared an emotional statement to the court during the sentencing.

"My dear older sister, my only surviving sibling blown to smithereens. A life taken in an instance, a one in a million chance," she said. "Since Phil's death I have not enjoyed flying. Phil is always beside me in the plane and life seems very fragile."

'There's some relief, but it's not over'

The Maslin-Norris family, who lost their three children, Mo, Evie and Otis Maslin, in the attack did not make a public statement regarding the verdict. In 2016, parents Anthony and Marite welcomed a baby girl, named Violet May.

The couple told *Australian Story* in a 2019 interview that the birth of their daughter brought them some peace.

"I will never forget holding [Violet] in my arms and feeling just a tiny little moment of peace I hadn't felt for so long," Marite said.

Presiding judge Hendrik Steenhuis emphasised the enduring impact the MH17 downing has had on the families of victims.

As Steenhuis described the sheer lack of evidence and human remains left behind from the tragedy, loved ones blinked back tears in the courtroom, AAP reported.

"A piece of bone from a hand. A piece of leg or a foot. In two cases, no parts of a loved one returned," he said.

The court found that the guilty perpetrators – Russians Igor Girkin and Sergey Dubinsky with Ukrainian separatist Leonid Kharchenko – had worked together to bring a Buk missile from a Russian military base to Ukraine to shoot down the plane.

All three men were handed down life sentences, while another Russian was acquitted due to a lack of evidence. They were also ordered to pay the grieving families almost $25 million.

Deputy chief of the Australian Federal Police Force, Peter Crozier, led the Australian search for the killers for the past eight years. He spoke outside court about his relief that this part of the investigation came to a satisfying conclusion.

"The delivery of these verdicts is an important milestone in our collective efforts to hold those responsible to account," he said.

However, the Joint Investigation Team (JIT) leading the initial probe into the MH17 disaster – which includes Australia, Belgium, the Netherlands, Malaysia and Ukraine – is far from finished.

Investigators still suspect several unnamed people to be involved in the 2014 mass murder, including the captain who commanded the crew.

Australia and the Netherlands also presented a joint complaint to the International Civil Aviation Organisation (ICAO) against Russia in 2020, a matter which is expected to continue for several years.

By April Rose

OH,

With a big anniversary and new grandson, Charles and wife Susan have plenty to smile about!

Charles Shaughnessy struggles to contain his emotions while gushing over the baby boy who finally made him a grandfather.

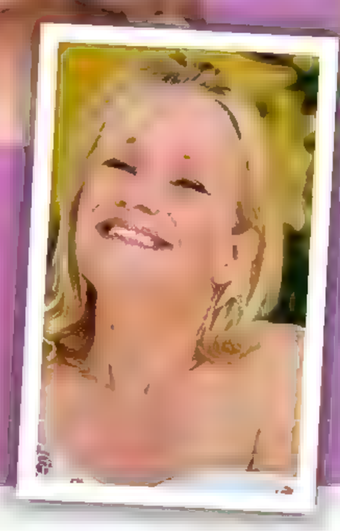
"Our entire family is aglow with love," the star of classic sitcom *The Nanny* tells New Idea exclusively.

Little Julian, the son of Charles' daughter Jenny, made his arrival into the world in September. Two months on, Charles, 67, admits neither he nor his wife, Susan Fallender, were prepared for the elation that being

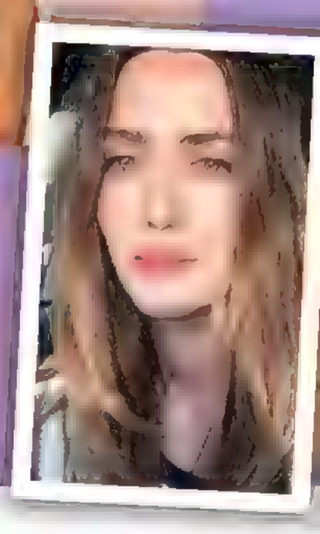
The Nanny WHERE ARE THEY NOW?

Fran Fine
Fran Drescher is working on a Broadway musical adaptation of *The Nanny*.

Maggie
Along with acting gigs, Nicholle Tom has tried her hand at being a YouTuber!



Gracie
Still acting, Madeline Zima recently appeared in *Bombshell*.



MR SHEFFIELD... IS A GRANDAD!

THERE WILL BE NO NANNY NEEDED HERE

grandparents has brought.

"Susan is besotted and Jenny, as a new mum, is completely over the moon.

"Julian was born two weeks early," Charles tells us. "He wasn't growing as fast in the womb as he should have been. But, mercifully, he arrived a healthy [2.6kg], and is such a calm and chill baby boy with the sweetest personality."

It's rather apt Julian's birth was on the dramatic side, given his family's theatrical lineage. British-born Charles' mother was noted stage and film actress Jean Lodge, while his late father Alfred Shaughnessy was a scriptwriter, director and producer.

"Once a year Mum and Dad would throw a wild showbiz party at their London home," reveals Charles. "Anyone could be there, from Roger Moore to Honor Blackman – sometimes a galaxy of British acting greats. My brother David and I were transfixed by showbiz."

Charles studied law at the University of Cambridge, but was drawn to drama school. It's here that he met California girl Susan, now 64.

"She was an ex-ballerina studying in London. She was exquisitely beautiful. When she returned to California we spent a lot of time talking on the phone and I thought this is crazy, so I moved to Los Angeles," he explains.

Success in Hollywood came quickly, with Charles securing the role of Shane Donovan on *Days of Our Lives* in 1984.

His fame skyrocketed in 1993 with *The Nanny*, where he played Maxwell Sheffield opposite Fran Drescher's Fran Fine.

"It was such a happy show to work on. We really were like family. Fran is [still] a dear friend ... immeasurably talented, loyal, funny and fiercely fabulous."

As well as relishing playing villainous Victor Cassadine on *General Hospital*, Charles is gearing up to celebrate his 40th wedding anniversary with Susan next May.

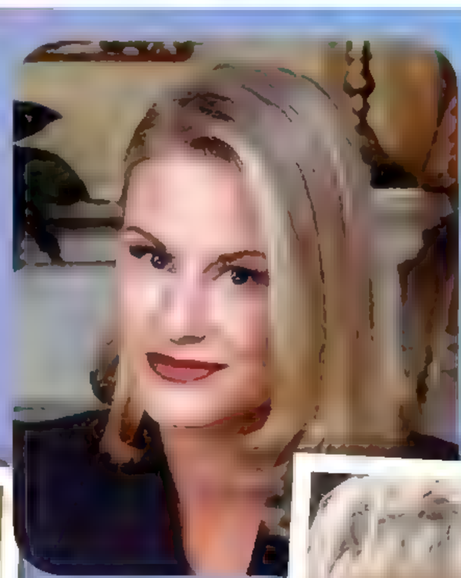
"For us, the secret is about realising what a good thing you've got and being determined not to let it go," he shares.

By Craig Bennett

'Our family is aglow with love'

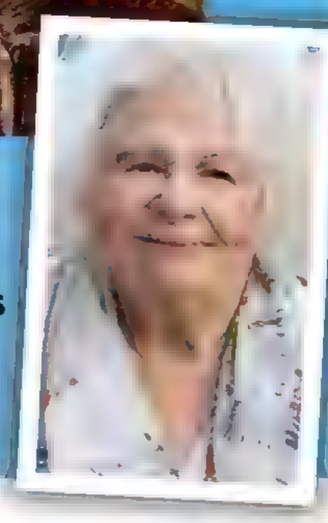
Charles and Fran had unbeatable chemistry on-screen.

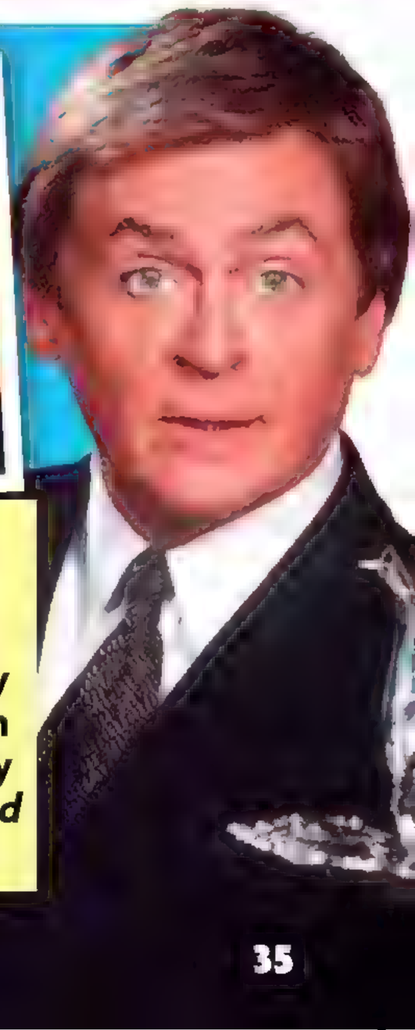
Brighton
Benjamin Salisbury now works for Universal Studios Hollywood.



C.C.
Lauren Lane has a successful career on stage.

Sylvie
Renée Taylor joined Fran's new show *Happily Divorced*.



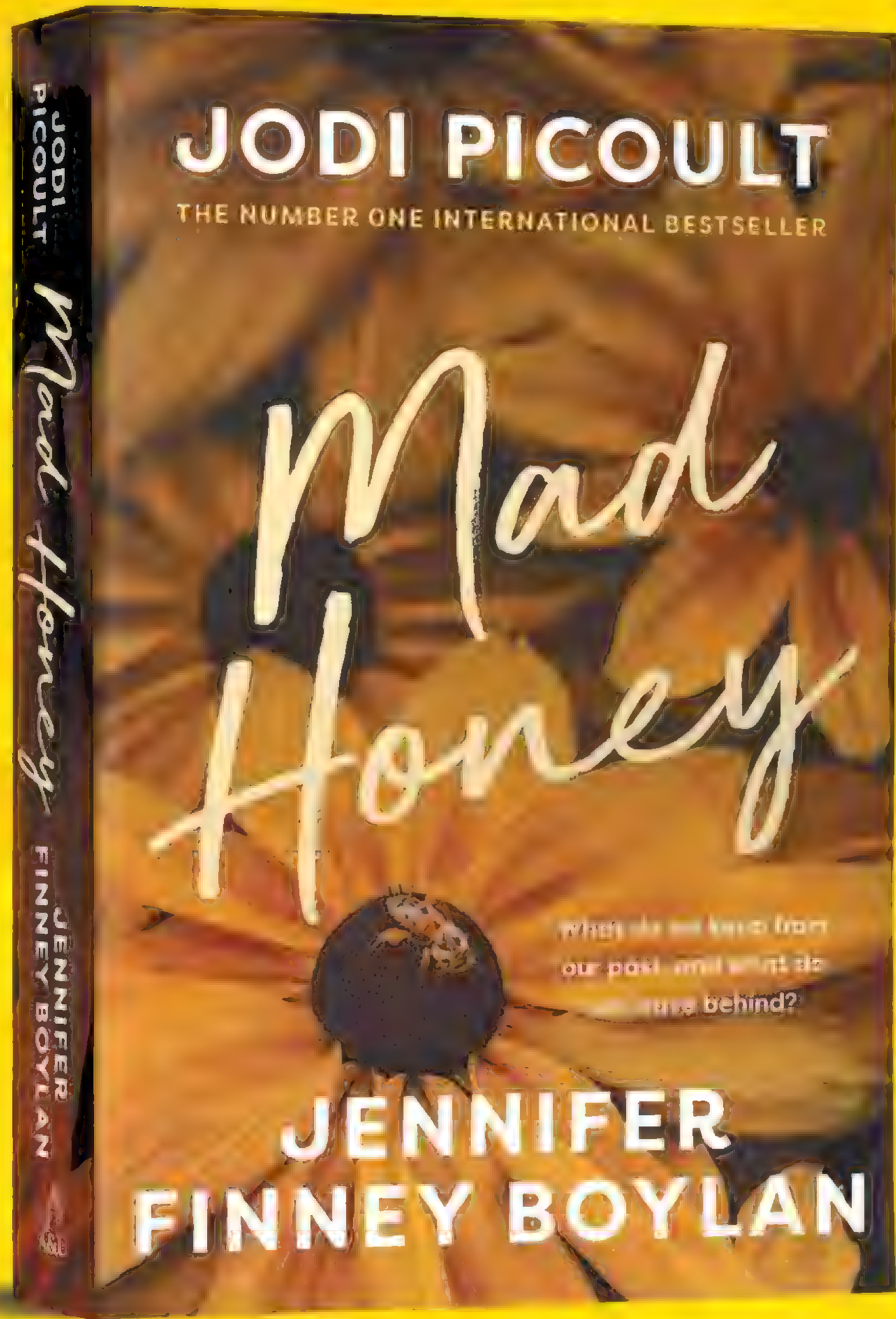


Niles
Daniel Davis, who played the Sheffields' snarky butler, will return as James Moriarty in *Star Trek: Picard* next year.

Escape into an enthralling read

Unforgettable young love

Favourite characters return



Gripping suspense

Courtroom drama

A twist you'll never see coming

Powerful emotion

TREAT YOURSELF
TREAT A FRIEND

A&U

'You are limitless'

'I'm blind and BREAKING RECORDS'

SEEING IS BELIEVING FOR KATJA DESPITE LIVING A LIFE WITH NO SIGHT

Katja is determined to compete at the Brisbane Paralympics

Torpedoing down the pool, Katja Dedekind could be mistaken for any other swimmer.

But the Brisbane-based champion must work harder than most – she's blind.

Earlier this year, Katja, just 21, smashed the world record and brought home the gold in the 50m freestyle S13 at the Commonwealth Games in Birmingham.

"I was born with congenital cataracts and amblyopia, so I'm blind in my right eye and severely visually impaired in my left," Katja tells New Idea.

"I have a twin brother and I was his little shadow – he played soccer and tennis but they didn't suit me, but when he jumped in a pool and I followed, swimming became my thing.

"It took a lot of practice and I incurred some nasty bumps because I couldn't see the wall or swam into a fellow swimmer."

She made a splash in the pool as a kid

Katja's support network of family, friends, Vision Australia and the NDIA (National Disability Insurance Agency) has let nothing hold her back, and she lives a relatively independent life.

Katja's swimming skills saw her qualify for the Paralympics in Rio in 2016 where she won bronze in the 100m backstroke.

She jumped to compete at the Commonwealth Games, where she set her world record.

"I didn't know I'd won, let alone broke the world record, until I was interviewed on live TV," she admits.

Now, the young swimming star has a thirst for more.

"I'd love to compete in the Paralympics on home turf in Brisbane 2032," she says. "I've learnt not to be scared of doing something because I don't think I can. Don't let anything hold you back … you are limitless, if you believe you can, you will."

By Ruth McCarthy

International Day of People with Disability is December 3. For more information, visit idpwd.com.au. For the NDIS, visit ndis.gov.au.

FESTIVE FEA

Crackling Pork Roast with Apricot Sauce

SERVES 8 PREP & COOK 2 HOURS

- 2.5kg rolled pork loin, rind scored at 1cm intervals (see Tip)
- 1 tblsp sea salt flakes
- 2 tblsps olive oil
- Roasted potato and pumpkin, to serve

APRICOT SAUCE

- 1 small onion, finely chopped
- 1 cup chicken stock
- ½ cup apricot jam
- 1 tblsp wholegrain mustard
- 1 tblsp apple cider vinegar
- 2 tsps soy sauce
- 2 tsps thyme leaves, plus extra sprigs to serve

1 Pat dry pork with absorbent kitchen paper. Place on a rack over a tray. Refrigerate, uncovered overnight.

2 Next day, rub combined salt and oil over pork, making sure it penetrates scores in rind. Place on a roasting rack in a large roasting pan.

3 Cook in a very hot oven (240C) for 25 minutes, or until rind has blistered. Reduce heat to moderate (180C). Cook for a further 1 hour, 30 minutes, or until pork juices run clear when tested with a skewer. Remove. Rest pork, uncovered, for 10 minutes. Remove kitchen string.

4 Meanwhile, make sauce. Heat an oiled saucepan over medium heat. Add onion. Cook, stirring, for 4 minutes, or until lightly golden. Stir in stock, jam, mustard, vinegar and soy sauce. Bring to boil. Gently boil for a further 15 minutes, or until thickened slightly. Remove. Stir in thyme. Season with pepper.

5 Transfer pork to a serving plate with roasted vegetables. Garnish with thyme. Serve sliced with sauce.

ST!

IMPRESS FRIENDS AND FAMILY WITH THE CLASSICS

TIP

Make glaze up to two days ahead. Reheat before using. Prepare ham up to two days ahead.

Fig-Glazed Ham

SERVES 10-15
PREP & COOK 1 HOUR, 30 MINS

- **4kg cooked leg ham with shank**
- **Fresh herbs and figs, to serve**

GLAZE (makes 2 cups)

- **284g jar fig jam**
- **100g tub fig paste**
- **1½ cups orange juice**
- **⅓ cup firmly packed brown sugar**
- **¼ cup Dijon mustard**
- **2 tblsps red wine vinegar**

1 To make glaze, place all ingredients in a large saucepan over a medium to high heat. Cook, whisking until smooth. Bring to boil. Gently boil, stirring occasionally, for about 15 minutes, or until thickened. Transfer half the glaze to a bowl. Refrigerate, covered, until ready to serve.

2 Cut through the ham rind, about 10cm from shank end of leg. To remove rind, run thumb around edge of rind, just under skin. Carefully, pull rind away from the fat, starting from the widest edge of ham, up to the cut.

3 Using a very sharp knife, make shallow cuts, about 1cm apart, across the ham fat. Don't cut all the way through the fat or it will spread when exposed to heat.

4 Wrap shank end of ham in foil. Place ham in a large roasting pan lined with baking paper. Brush with 1 cup of remaining glaze.

5 Cook in a moderately slow oven (160C) for 40 minutes, brushing with remaining glaze 3 times during cooking. Increase oven temperature to very hot (220C), cook for a further 15 to 20 minutes, or until caramelised. Remove. Cool slightly.

6 To serve, heat reserved glaze in a small saucepan over a low heat until warm. Place warm ham on a platter. Serve sliced with glaze and garnish with herbs and figs.

TIP

Most pork loin roasts are sold pre-scored. If not, ask your butcher to score it for you to save time.

Lemon Berry Pistachio Bombe

SERVES 8 PREP & COOK 30 MINS

- 396g lemon sponge roll, cut into 2cm thick slices
- 2 tblsps sweet sherry
- 1.5 litres good-quality vanilla ice-cream
- 250g block cream cheese, chopped
- ⅓ cup icing sugar mixture, plus extra to serve
- ½ cup chopped, toasted pistachios
- 125g punnet raspberries
- 125g punnet blackberries
- Extra raspberries and blackberries, to serve

WHITE CHOC SAUCE

- ⅔ cup pure cream
- 1 cup White Choc Melts

1 Lightly spray a metal pudding steamer (8-cup capacity) with cooking oil. Line side with 3 long strips of baking paper (about 3cm wide), at different angles, extending paper 5cm above edge of steamer. Line base with circle of baking paper.

2 Brush lemon roll with sherry. Arrange slices over base and around side of steamer. Trim to fit.

3 Place ice-cream in a large bowl. Stand at room temperature for 10 minutes to soften slightly.

4 Process cream cheese and sugar in food processor until smooth. Add ice-cream. Pulse until just combined. Transfer to large bowl. Fold in nuts, half raspberries and half blackberries.

5 Spoon into prepared steamer. Freeze overnight, until firm.

6 To make sauce, place cream and chocolate in a microwave-safe bowl. Microwave on High (100%) in 30 second bursts for about 1½ minutes, stirring until melted. Refrigerate until slightly thickened.

7 To serve, stand steamer at room temperature for 5 minutes. Invert onto a serving plate. Remove paper. Decorate with remaining raspberries and blackberries. Dust with extra icing sugar. Serve with sauce and extra berries.

TIP

Lemon sponge roll can be purchased from bakeries or replace with jam sponge roll, if preferred.

Pumpkin with Pepita Dressing

SERVES 6
PREP & COOK 1 HOUR, 15 MINS

- 3 x 700g butternut pumpkin halves, remove seeds
- 2 tblsps olive oil
- Fresh coriander leaves, to garnish

PEPITA DRESSING

- ¾ cup pepitas
- 2 tsps ground cumin
- ¼ cup olive oil
- ¾ cup chopped fresh coriander leaves and stems
- ¼ cup lemon juice
- 1 clove garlic, crushed
- 2 tsps Dijon mustard

1 For dressing, toss pepitas with cumin and 2 tsps of oil in a bowl. Spread over large oven tray lined with baking paper.

2 Cook in a moderate oven (180C), stirring halfway through, for about 10 minutes, or until toasted. Remove. Cool. Reserve ¼ cup for garnish.

3 Place remaining pepitas in a food processor with remaining oil, coriander, juice, garlic, mustard and 2 tblsps water. Process until combined. Season. Transfer to a jug.

4 Cut each pumpkin half lengthways into four even wedges. Place on 2 oiled, large oven trays. Brush with oil. Season.

5 Cook in a hot oven (200C), for about 45 minutes or until tender. Remove.

6 Place pumpkin on a serving platter. Spoon over dressing. Sprinkle with reserved pepitas and coriander.

PHOTOGRAPHER: James Moffatt. STYLIST: Janelle Bloom. PHOTO CHEF: Kerrie Worner. RECIPE DEVELOPMENT: Jane Ash.

"She should cover up."

For who, exactly?

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3 great takes on LOADED SALADS

COLOURFUL, FRESH AND DELICIOUS

Layered Tex Mex Salad

SERVES 8 PREP & COOK 35 MINS

- **4 corn cobs, silk and husks removed**
- **2 avocados, peeled, chopped**
- **½ small red onion, finely chopped**
- **2 tblsps chopped fresh coriander**
- **1 tblsp lime juice**
- **½ large iceberg lettuce (350g), coarsely chopped**
- **400g can black beans, drained**
- **2 x 130g tubs roasted capsicum strips, drained (about 1 cup)**
- **2 Lebanese cucumbers, chopped**
- **1 cup grated Tasty cheese**
- **Fresh coriander leaves and smoky chipotle seasoning, to serve**

DRESSING

- **⅓ cup olive oil**
- **¼ cup lime juice**
- **1 tblsp smoky chipotle seasoning**
- **¼ cup chopped fresh coriander**

1 Heat an oiled, chargrill pan over a medium to high heat. Add corn. Cook, turning occasionally for about 10 minutes, or until lightly charred. Transfer to a plate. Cool. Cut kernels from cobs.
2 Mash avocados in medium bowl. Stir in onion, coriander and juice. Season well.
3 Spread avocado mixture over base of large, glass serving bowl (14-16 cup capacity). Layer lettuce over top, then corn, beans, capsicum and cucumbers.
4 To make dressing, whisk all ingredients in a medium jug until combined.
5 Drizzle dressing over cucumber layer. Sprinkle with cheese. Garnish with coriander. Lightly sprinkle with seasoning.

Loaded Vegie Salad with Whipped Feta

SERVES 8-10
PREP & COOK 1 HOUR, 10 MINS

- **1¼ cups brown rice and quinoa blend**
- **½ butternut pumpkin (900g), peeled, deseeded, cut into 3cm pieces**
- **¼ cup olive oil**
- **2 tblsps red wine vinegar**
- **1 tsp dried chilli flakes**
- **1 tsp honey**
- **200g packet frozen shelled edamame beans**
- **500g broccoli, cut into small florets**
- **400g red cabbage, finely shredded**
- **200g (1 cup) semi-dried tomatoes, chopped**
- **2 tblsps pine nuts, toasted**

WHIPPED FETA

- **200g tub smooth Danish feta**
- **250g tub spreadable cream cheese**
- **3 green spring onions, thinly sliced**
- **½ cup fresh mint leaves, plus extra to garnish**

1 Add rice and quinoa blend to a large saucepan of boiling, salted water. Gently boil, uncovered, for about 25 minutes, or until tender. Drain. Cool.

2 Meanwhile, toss pumpkin with 1 tblsp of the oil on oven tray lined with baking paper. Season with salt and pepper.

3 Cook in a hot oven (200C) for about 25 minutes, or until tender and lightly browned. Remove. Cool.

4 To make dressing, whisk remaining oil with vinegar, chilli and honey in jug. Season.

5 To make whipped feta, process all ingredients in a food processor until smooth. Add 1 to 2 tblsps water. Process to a dollop consistency.

6 Place edamame beans and broccoli in separate heatproof bowl. Cover with boiling water. Stand for 5 minutes. Drain. Rinse under cold water. Drain well.

7 To assemble, spread ½ cup whipped feta over base of a large, glass serving bowl (16-cup capacity). Top evenly with rice and quinoa blend, followed by layers of cabbage, tomatoes, edamame and broccoli.

8 Drizzle with dressing. Scatter ⅔ of the pumpkin cubes over top. Spoon over remaining whipped feta. Sprinkle with remaining pumpkin and pine nuts. Garnish with mint.

Retro Layered Aussie Salad

SERVES 8 PREP & COOK 45 MINS

- **250g rindless bacon, finely chopped**
- **2 cups frozen green peas**
- **2 x 450g cans diced beetroot, drained**
- **½ iceberg lettuce (about 350g), shredded**
- **6 hard-boiled eggs, peeled, coarsely chopped**
- **2 x 250g punnets baby Roma tomatoes, halved**
- **⅔ cup sour cream**
- **½ cup thousand island dressing**
- **1 tblsp lemon juice**
- **2 green spring onions, thinly sliced**
- **Salted potato crisps, to serve**

1 Heat a non-stick, frying pan over a medium to high heat. Add bacon. Cook, stirring frequently for about 3 to 5 minutes, or until crisp and light golden. Drain on absorbent kitchen paper. Cool.

2 Add peas to a large saucepan of boiling water. Return to boil. Boil for 1 minute. Drain. Rinse under cold water. Drain well.

3 Spread beetroot over the base of a large, glass serving bowl (16-cup capacity). Layer lettuce over top, followed by peas, eggs and tomatoes.

4 Whisk sour cream with dressing and juice in a medium jug. Season with salt and pepper.

5 Spoon dressing over tomato layer. Sprinkle with combined onions and bacon. Top with a handful of crisps.

4 weeks to go!

Impressipe

CHILL OUT OVER THIS SIMPLE DECADENT DESSERT

Mango Blackberry Tiramisu

SERVES 8-10 PREP 25 MINS

- 1¼ cups mango juice, plus extra to serve
- ¼ cup limoncello
- 200g packet sponge finger biscuits
- 1 large mango
- 125g punnet blackberries

MASCARPONE CREAM

- 300ml tub thickened cream
- ¼ cup icing sugar mixture
- 2 tsps vanilla bean paste
- 250g tub mascarpone cheese
- ½ cup sour cream

1 To make mascarpone cream, beat cream, sugar and vanilla in small bowl of an electric mixer until soft peaks form. Transfer to a large bowl. Gently fold in mascarpone and sour cream until just combined.
2 Combine juice and limoncello in a jug. Reserve 2 tblsps for serving.
3 One at a time, dip half the biscuits in juice mixture until just soaked. Arrange over base of a glass trifle dish (12-cup capacity). Top with half the mascarpone cream. Repeat layering with remaining biscuits, juice mixture and mascarpone cream. Refrigerate, covered, for 4 hours, or overnight.
4 Cut away cheeks from mango, either side of the stone. Peel mango. Thinly slice.
5 Just before serving, top tiramisu with mango and blackberries. Drizzle over reserved juice mixture.

TIP
For a kid-friendly version, replace limoncello with passionfruit pulp.

PHOTOGRAPHER: James Moffett. STYLIST: Janelle Bloom. PHOTO CHEF: Kerrie Worner. RECIPE DEVELOPMENT: Karen Buckley.

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Make the most of CHERRIES

BURSTING WITH JUICY SWEETNESS, THE PERFECT ADDITION TO ANY DESSERT

Cherry Chocolate Biscuit Wreath

SERVES 26 PREP 15 MINS

- ⅔ cup chocolate-hazelnut spread
- 100g cream cheese, chopped, at room temperature
- 2 tblsps icing sugar mixture
- 26 Butternut Snap Cookies
- 750g fresh cherries, pitted
- Extra icing sugar mixture and ribbon bow, to decorate (optional)

1 Beat the chocolate spread, cream cheese and sugar in small bowl of an electric mixer until smooth. Spread 2 tsps of mixture over each cookie.
2 Arrange 15 cookies side-by-side in a 32cm circle on a serving plate. Repeat with remaining cookies around the inner edge, slightly overlapping the cookies on the outer edge.
3 Press the cherries into the chocolate mixture. Dust with some extra icing sugar. Decorate with a bow (optional).

4 weeks to go!

White Chocolate and Pistachio Cherries

MAKES 48
PREP 30 MINS

- **180g block white cooking chocolate**
- **500g fresh cherries, with stems attached**
- **¼ cup pistachios, finely chopped**

1 Melt chocolate in a large, heatproof bowl sitting over a saucepan of simmering water, stirring until smooth. Remove bowl from heat.
2 Working with one cherry at a time and holding it by the stem, dip it into chocolate to come halfway up the side. Then dip one side of cherry in pistachios.
3 Place on an oven tray lined with baking paper. Refrigerate until set.

TIP
For an equally delicious variation, use milk or dark chocolate instead of white. Yum!

Rustic Cherry Galette

SERVES 8
PREP & COOK 2 HOURS

- **½ cup blanched almonds**
- **1¼ cups plain flour**
- **¼ cup self-raising flour**
- **2 tblsps caster sugar**
- **125g cold unsalted butter, chopped**
- **1 egg, lightly beaten**
- **Icing sugar mixture and vanilla ice-cream, to serve**

FILLING

- **600g fresh cherries, pitted**
- **¼ cup caster sugar**
- **1 tblsp cornflour**
- **1 tsp finely grated lemon rind**

1 Spread almonds over an oven tray. Cook in a moderate oven (180C) for about 5 minutes, or until lightly browned. Remove and cool.
2 To make pastry, process almonds in a food processor until finely chopped. Add flours, sugar and butter. Process to form coarse crumbs. With motor operating, add egg with 1 tblsp cold water to just bring ingredients together. Turn out dough. Shape into a disc. Cover. Refrigerate for 45 minutes.
3 To make filling, toss cherries with sugar, cornflour and rind in a large bowl.
4 Roll out pastry between 2 sheets of baking paper to form a 32cm round. Remove top sheet of paper. Transfer paper with pastry round onto a large oven tray.
5 Mound filling in centre of pastry, leaving 7cm border. Fold pastry edges up and over to partly cover filling, slightly pleating, to create an edge.
6 Cook in a moderate oven (180C) for about 45 minutes, or until golden brown. Remove. Stand on tray for 5 minutes.
7 Transfer galette to a serving plate. Dust with sifted icing sugar and serve with ice-cream.

INNOCENT WINES

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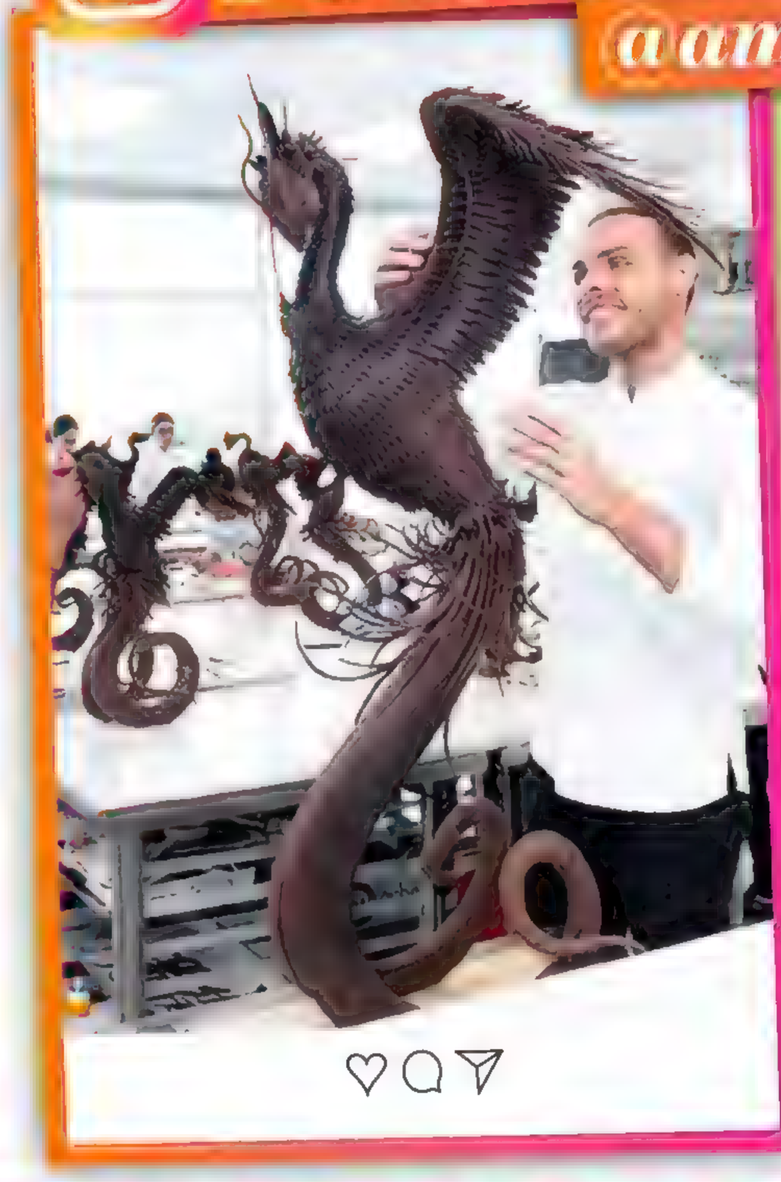
FOODIE TO FOLLOW: @amauryguichon



While we're used to seeing it in squares and bars, chocolate in phoenix form is far from an ordinary sight, which makes Amaury Guichon's (@amauryguichon) feed one to follow. This master pastry chef crafts life-size chocolate designs, spanning from chameleons to robot arms (and of course phoenixes) that look almost too good to eat. Though these designs take the chocolatier days, skill and (we can only assume) a lot of patience to make, he wraps the process up in a 30-second reel which is just enough time to get your mouth watering.

KITCHEN HACKS

WE SHARE OUR HELPFUL TIPS AND TRICKS !

Australians can now experience authentic, stone-baked restaurant-quality pizza without needing to leave their backyards this summer. Ooni, the world's number one pizza oven brand, has officially launched their range of multi-fuelled, portable, outdoor ovens in Australia. Founded on the simple idea that everyone deserves great pizza, these ovens are famous for their ability to reach a temperature of 500C in under 20 minutes and cook incredible pizzas in just 60 seconds. There's an oven in the range to suit everyone. Visit au.ooni.com to learn more.

Looking for that festive gift for a flavour-loving friend or someone hard to buy for? Then try the best of Cobram Estate's Infusion range with four of their most popular flavours; mixed herb, chilli, lemon, and garlic. Simply drizzle over a salad or make your own dressing. Toss through sweet potato or broccolini before roasting. It's even perfect for a stir-fry. All in a premium box with Christmas gift wrapping. Visit cobramestate.com.au. **RRP $29.99.**

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IN SEASON: TOMATOES!

Now that tomatoes are sweeter as they enter their peak season, it's the ideal time to whip up a fresh salsa that adds pizazz to a grilled steak or chicken, to serve as a dip with Lebanese bread, or a side to add to fish tacos. To make salsa, mix together 500g ripe diced tomatoes, ½ finely chopped red onion, 1 deseeded and finely chopped, long red chilli, ½ cup chopped fresh coriander leaves and 1 tblsp fresh lime juice. Season well with salt.

Cookie Jar Double Choc Cookies

MAKES 28 PREP & COOK 40 MINS

- **185g unsalted butter, melted, cooled**
- **2 eggs, lightly beaten**

DRY MIX

- **1½ cups self-raising flour**
- **½ cup firmly packed brown sugar**
- **2 tblsps cocoa powder**
- **¾ cup plain flour**
- **¾ cup Dark Choc Bits**
- **½ cup caster sugar**

1 Grease 3 large oven trays and line with baking paper.
2 To make cookies, place dry mix in a large bowl. Stir to combine. Add butter and eggs. Stir to form a soft dough.
3 Roll heaped tablespoons of mixture into balls. Place 3cm apart on prepared oven trays. Press to slightly flatten.
4 Cook 2 trays in a moderately slow oven (160C) for about 12 to 15 minutes, or until starting to firm on the edges. Remove from oven. Cool on trays. Repeat with remaining tray.
5 Store cookies in an airtight container for up to 1 week.

FESTIVE IDEA!

To give as a gift in a jar, carefully layer dry mix ingredients only, in order of recipe, in a clean, dry, glass jar with a lid (four-cup capacity). Seal. Decorate with ribbon and print out recipe to accompany it. Cookie jar can be stored for up to three months in a cool, dark place.

How can I stop overloading myself?

Avoiding OVERCOMMITMENT

BESTSELLING AUTHOR DONNA McGEORGE SHARES HOW TO SET LIMITS

"I'm overwhelmed, out of control and at risk of failing at the important things!" I hear this, or a version of this, from so many people these days, and I believe what they are really saying is, "I just don't have any breathing space."

Creating boundaries that give us breathing space in our personal lives helps us focus and attend to the things that are important to us. It's a way of dealing with the problem of lack of capacity that means we may be failing at the important things in our lives.

MAKE BREATHING SPACE

Having breathing space every day will help you get clarity about what it is you want to achieve and then take action to ensure you achieve that goal.

Breathing space helps us to be intentional around what's important in our lives. This informs where we devote our precious resources. It helps us to disengage from people and activities that aren't bringing us joy and from things that prevent us from being our best selves.

Saying no or letting go can be one of the hardest things we will ever do – and it's one of the only ways we will be able to find space and capacity for the important things.

CREATE HEALTHY BOUNDARIES

When people think of boundaries, many assume we are talking about rules that govern personal space. Healthy work-related boundaries go much deeper. They define how much of yourself you give to your career and guide how you form relationships with managers, colleagues and clients. They also help make time for the important

The 5 W's of creating boundaries

WHO am I willing, or not, to give time to?
We want to spend time with people who help us be productive – people who we co-create things with and walk away from feeling energised. Avoid those that suck energy and leave you feeling depleted.

WHAT do I want, or not want, to do or achieve?
When you are clear on your goals for the day, it's easier to reject time-wasters.

WHEN do I need to protect my time, and when do I want to make myself available?
You should be protecting the first two working hours of your day, every day. For many people this is when we are at our most mentally alert with greater ability to focus. Getting our most important work done then will mean we can give our time to others later.

WHERE can I put in place contextual markers about the physical locations of work, play and rest?
If you are working from home, it's important that you have identified where you do work, and where you relax.

For example, if you like to relax on the couch and watch TV, make sure you avoid doing work from the couch. This will contaminate your space and you may not end up fully relaxed when you need to be. Setting up a workspace, even if it is small, can help you stay focused on what you need to get done, and reduce distractions.

WHY would I give one person or activity attention over another?
Too often we operate on a default setting of giving the loudest person the most attention. When given a choice, we should be consciously deciding rather than just letting others make that choice for us. Sadly, many of us choose work people and activities over our family. Now that's a boundary worth exploring.

Boundaries must begin with us, and we need to have the discipline to maintain them.

things, like the people and activities in your life outside of work.

Personal boundaries set basic guidelines for the way you want to be treated, and ensure relationships are mutually respectful, appropriate and caring.

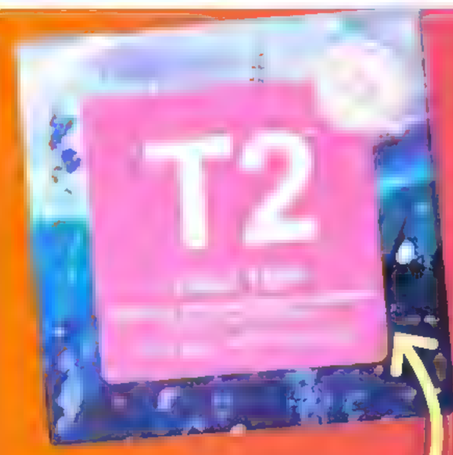
Healthy boundaries can mean the difference between career/work fulfilment and burnout.

They are the physical, emotional and mental limits you create to protect yourself from overcommitment, being used or unethical behaviour.

If we are going to create more breathing space and capacity in our world, we will need more boundaries and we will need to make sure others know about them.

Donna McGeorge is a bestselling author and global authority on productivity. Her book series, *It's About Time*, covers meetings, structuring your day and doing more with less, and is available in bookstores around Australia or can be ordered online via Donna's website, donnamcgeorge.com

5 of the best SLEEP AIDS



T2 Sleep Tight Tea Bags, $17, woolworths.com.au

This Works Deep Sleep Pillow Spray, $42, mecca.com.au

Focus on Sleep Roll-On, $14.95, natio.com.au

Chocolate Moon Mylk, $39.95, nakedharvest supplements.com

Slip Silk Mask, $55, mecca.com.au

Spotlight on MAMMOGRAMS

WHAT IS IT?

A mammogram is an X-ray of breast tissue that can find changes too small to be felt during a physical examination to detect breast cancer early.

WHO SHOULD GET ONE?

While all women should check for breast abnormalities, regular screening is recommended for women over 40 even if they have no signs or symptoms of breast cancer.

HOW CAN YOU GET ONE?

Mammograms are freely available to women over 40, every two years in over 750 locations across Australia. For more information, head to **health.gov.au/initiatives-and-programs/breastscreen-australia-program**

WOMEN OF ALL AGES SHOULD GET TO KNOW THE USUAL LOOK AND FEEL OF THEIR BREASTS. IF YOU NOTICE ANY CHANGES, TALK TO YOUR DOCTOR.

Compiled by Madison Bogisch.

CHRISTMAS GIFTING MADE EASY

3

6

7

2

TEAM PICK

8

5

9

1

4

10

SCAN TO SHOP

1. Yoga Mat Terrazzo Print, $99.95. 2. Making School Cool Teacher Gift Keyring, $36. 3. Blue Glass Heart Drop Earrings, $47.90. 4. Personalised Sterling Silver Paw Print Disc Charm Necklace, $101.90. 5. Happy Holidays Greeting Card, $9.95. 6. Wireless Headphones, $180. 7. Christmas Chocolate Gift Box, $89.95. 8. White Lily & Bamboo Luxury Candle, $69.95. 9. Glass Cup, $37.95. 10. Hot Chocolate Connoisseur Tan Tote Bag, $55.

hardtofind.com.au

Doctor Ginni

GOT A HEALTH Q? DR MANSBERG'S GOT THE ANSWERS...

There's nothing wrong with enjoying that glass of chardonnay – in moderation

How to drink safely

TIPS TO DRINK LESS

- Make a list of your personal landmines. Where are you most likely to get into trouble with drinking – after a stressful day at work? With friends who are big drinkers? Be aware and plan ahead.
- Before you have your first drink, set a limit and stick to it.
- Don't drink alone.
- Eat and drink water before your first drink and while you're drinking.
- Make a pact with your partner or friends – look out for each other and intervene if things are getting a little dicey.

WHAT'S SAFE AND WHAT'S NOT WITH ALCOHOL

Speaking personally, I would rather drink than eat my calories. I love a shiraz, pinot gris, love bubbles, and on the right day I am all over a vodka martini. Most of the time I stay well inside the guidelines set by the Australian National Health and Medical Research Council.

In Australia, we recommend drinking no more than 10 standard drinks per week and no more than four standard drinks on any one day.

But what is a standard drink? It's different depending on the type of alcohol. For spirits, it is generally a 30ml nip, for wine, it is 100ml. For beer, it depends on the strength, but a 375ml can or stubby contains 1.4 standard drinks.

ALCOHOL-RELATED ISSUES

The list of alcohol-related harms is extensive:

- Addiction (be particularly careful of this if you have depression, or a family history of addiction).
- Cancers such as stomach cancer, bowel cancer, breast cancer, mouth cancer, throat cancer and more.
- Brain damage and brain-related conditions such as stroke and dementia.
- High blood pressure and heart attacks.
- Cirrhosis of the liver.
- Increased risk of diabetes, weight gain.
- Impotence and other problems with sexual performance.
- Mental health issues including worse depression and anxiety and an increased risk of suicide.

WHAT HAPPENS WHEN YOU DRINK ALCOHOL?

Alcohol affects us differently depending on gender, our mental and physical health, and any medical conditions we might have including any medications we're on.

Immediately after drinking alcohol, your blood alcohol concentration (BAC) rises. The higher the BAC, the higher the risk of harm.

A BAC OF...

UP TO 0.05: Makes you feel good, more relaxed and confident.

0.05 TO 0.08: Can impair your judgement and movement. Can reduce your inhibitions.

0.08 TO 0.15: Can give you slurred speech, diminished balance and you might feel sick.

0.15 TO 0.30: Can impair your ability to walk. Possibility of loss of consciousness.

OVER 0.30: Can cause coma, even death.

Best one-piece swimsuits

Swim SEASON

THERE'S A FLATTERING ALL-IN-ONE FOR EVERY BODY TYPE

1

This bold asymmetrical swimsuit is stylish, but firm enough to keep everything in place!

$149, Witchery

Elizabeth Hurley

2

$59.99, H&M

These vertical stripes make for an extremely flattering print which helps shape the body.

3

$210, Monte & Lou

In-built belts are winners for creating shape at the waist, not just in clothing, but swimwear too. This style fits from a B cup to a D.

4

$119.95, Sea Level

This comfortable one-piece has soft cup support with adjustable and convertible straps.

CREDIT: By Aimee Bruce. STOCKISTS: andieswim.com.au, capriocaswimwear.com.au, formandfold.com, hm.com/au, au.jetsaustralia.com, monteandlou.com, roxyaustralia.com.au, au.seafolly.com, sealevelaustralia.com, witchery.com.au

5

$240, Form and Fold
"I struggle to find a well-fitted bikini top as a I have a fuller bust, but this one is great! It's underwired, so it supports and lifts in the right places." – Holly, New Idea fashion writer.

6

$189.95, Seafolly
Great for those wanting a sun-safe option. The zip allows for a versatile neckline and it includes an internal shelf bar for bust support.

7

$119.95, Roxy
Underwire styles like this one can be great for a moderately sized bust as they can give you the support and lift you need with a flattering sweetheart neckline.

8

$165, Andie Swim
With medium coverage and a cross-over back, this style is perfect for exercise.

$200, Jets
Just like a wrap-style dress or top, this cross-over bust feature is extremely flattering for all shapes.

9

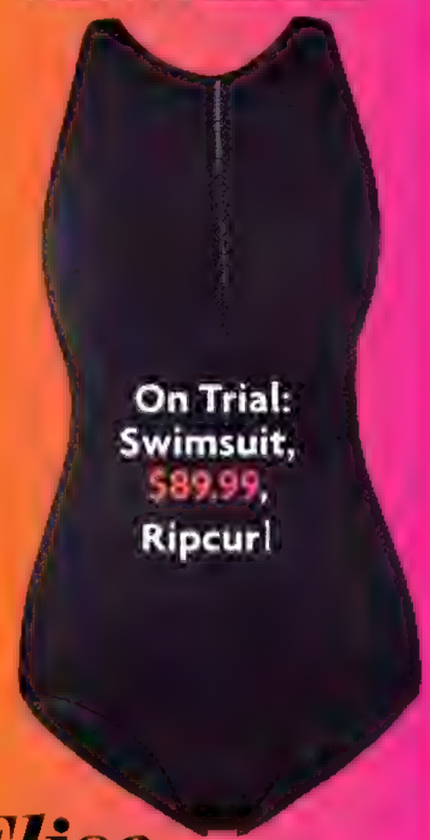
10

$119, Capriosca Swimwear
With the option for removable and adjustable straps, grip tape and an in-built bra, you can say yes to a strapless swimsuit!

Salma Hayek

Tried & tested!

TWO WOMEN PUT THE ONE-SIZE-FITS-MOST CONCEPT TO THE TEST – AND THE RESULTS ARE PRETTY POSITIVE!



On Trial: Swimsuit, $89.99, Ripcurl

Elise

NEW IDEA BEAUTY EDITOR
Regular Size: 10
Height: 179cm
"I was instantly impressed that this comfortably fit my long torso and how the material feels and acts like shapewear would – sucking it in all the right places, but not feeling restrictive. I would prefer slightly thicker material over the breast area, but all in all, I loved it."

Demeter

NEW IDEA LIFESTYLE EDITOR
Regular Size: 12
Height: 170cm
"My initial scepticism turned to surprise when I tried on this one-size-fits-most swimsuit. Not only did it fit, but it was surprisingly flattering on the front. I would've liked it to have some coverage through the back though."

TIP
Use a scalp brush alongside your shampoo to massage deep into your roots.

Heidi Klum

How do I know if my hair is healthy?

Strengthen your STRANDS

UNDERSTANDING YOUR HAIR POROSITY COULD LEAD TO YOUR BEST LOCKS YET

What is hair porosity?

When it comes to achieving the glossiest, most healthy curls, understanding our hair porosity is important as it identifies how easily your hair absorbs and retains moisture.

"The porosity of your hair affects how well oils and moisture pass in and out of the cuticle – the outer-most layer of your hair," says Amanda Tua, founder and creative director at Amanda Tua Hair in Sydney.

"Hair with high porosity can absorb the most moisture, but it's unable to hold onto this moisture. When your hair has low or very little porosity, it can be hard to get moisture into your strands. However, when it does, it's able to retain long-lasting moisture, which helps to keep it from looking dry and damaged," she explains.

Test your hair porosity at home

Thankfully, determining what type of hair porosity your strands have is hardly difficult. In fact, the technique only takes a matter of seconds and all you need is a glass of

water and a strand of your hair.

"To test your hair porosity at home, take a strand of your hair and drop it into a glass of water," Tua advises. "If your strand sinks slowly, then your hair has a normal porosity level. If it sinks to the bottom right away, you have high-porosity hair. If it floats on top, you have low-porosity hair."

Low porosity

For all those with low-porosity strands, Tua doesn't want you to fret.

"Low-porosity hair requires products with molecules small enough to penetrate its tightly bound cuticle," she says.

When it comes to shampoo, the hairstylist says "deep cleansing and exfoliating shampoos are great to remove build-up and open up the cuticle ready to absorb moisture".

For conditioners, she stresses the importance of using "products that are lightweight yet hydrating – that are easily absorbed and won't sit on the outside of the cuticle".

1 Straand Scalp Brush, $19.95, straand.com.au 2 Davroe Curlicue Cleansing Clay Shampoo, $38.95, davroe.com 3 Christophe Robin Purifying Shampoo With Thermal Mud, $49, sephora.com.au 4 Virtue Recovery Conditioner, $60, sephora.com.au 5 Aveda Damage Remedy Restructuring Shampoo, $55, mecca.com.au 6 Kevin.Murphy Repair-Me Wash, $47.95, adorebeauty.com.au

Normal porosity

For our normal- or medium-porosity friends, Tua believes porosity has little impact on product selection.

"You can use anything and everything," she says. "If your hair falls in this category, focus more on other factors that impact the quality of your hair, such as texture, chemical services undertaken, heat damage, level of dryness, and choose appropriate products."

7 Oribe Serene Scalp Balancing Conditioner, $72, davidjones.com 8 Eleven Australia Repair My Hair Nourishing Conditioner, $27.95, adorebeauty.com.au

High Porosity

Finally, for those with high-porosity strands, Tua explains that it means your hair loses moisture easily due to gaps in the cuticle.

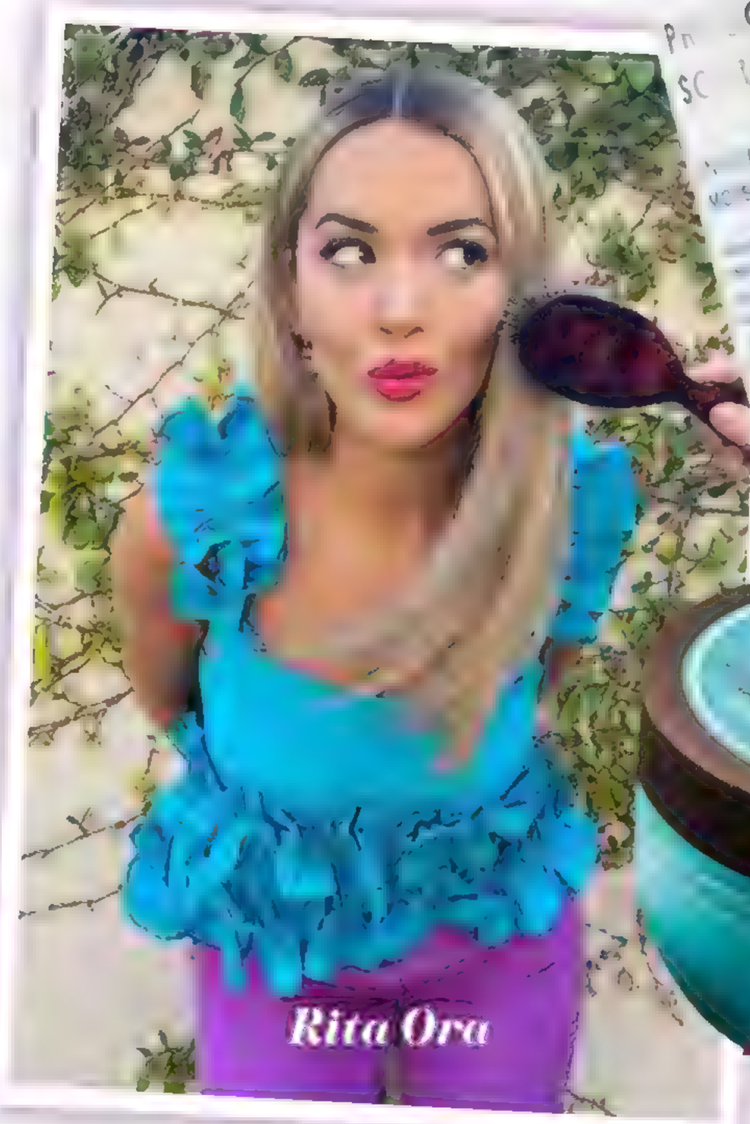
"Begin by working on rebuilding your strand with products such as K18 or bond multipliers such as Olaplex, which will rebuild, close the gaps and help retain moisture," she says.

When it comes to conditioning, "I recommend replacing your conditioner with a treatment. They are more concentrated and will provide instant nourishment and moisture to dryer strands."

9 Olaplex No.4 Bond Maintenance Shampoo $54, mecca.com.au 10 K18 Leave-In Molecular Repair Mask, $94.50, sephora.com.au 11 De Lorenzo Prescriptive Solutions Intense Moisture Repair, $25.95 delorenzo.com.au 12 Moroccanoil Intense Hydrating Mask $62.50, adorebeauty.com.au

TIP

Even if your strands are healthy, remember to use a heat-protectant spray before using tools!



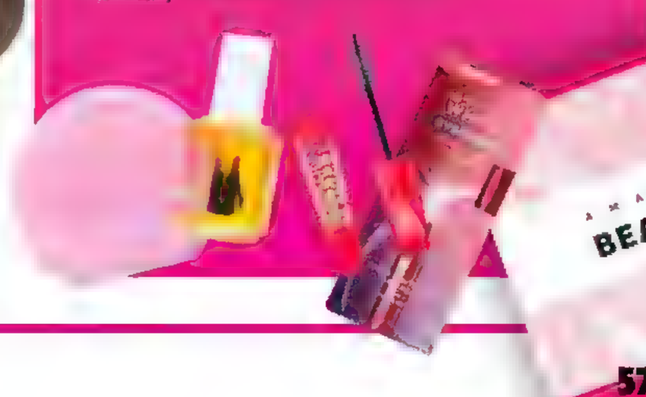
3 of the best ADVENT CALENDERS

Lookfantastic Advent Calendar, $199, lookfantastic.com.au

This calendar is full of Go-To's faves, including the renowned Face Hero. Plus, the brand will donate $1 from every limited edition holiday set to charity, Foodbank Australia.

Go-To Skincare Advent Calendar, $180, gotoskincare.com.au

For a gift that keeps on giving, treat yourself to Amazon's advent calendar, stocked with all the best brands in skincare and beauty like Essie, Bioderma and Rimmel. **Amazon Australia 2022 Beauty Advent Calendar, $150, amazon.com.au**



Don't forget YOUR FURRY FRIEND

PETstock Pet Christmas Hat, $9.87, petstock.com.au

Target Pet Christmas Stocking, $15, target.com.au

BEDROOM

Habitat Cushion, $44.95, pillowtalk.com.au

Tis the Season

Vue Throw, $69.95, myer.com.au

Target Tabletop Tree, $15, target.com.au

Habitat Pillowcase, $34.95, and Quilt Cover Set, from $129.95, pillowtalk.com.au

M&S Collection Candle, $28.99, marksandspencer.com/au

How to give my place a festive makeover?

Deck the HAL

LIVING ROOM

M&S Christmas Garland, $22.99, marksandspencer.com/au

Lights aren't the only way to decorate your space.

Merry Christmas

Next Cushion, $42, next.com.au

Target Mini Tabletop Tree, $10, target.com.au

Target LED Christmas Wreath, $50, target.com.au

Myer Giftorium Christmas Stocking, $24.99, myer.com.au

COMPILED BY Stephanie De Nobile.

TIP
Add a stocking embroidered with the name of each family member for a personal touch.

L.S! CHRISTMAS DECOR FOR EVERY CORNER OF YOUR HOME

BATHROOM

M&S Collection Towels (set of 2), $28.99, marksand spencer.com/au

Moss St. Fragrances Diffuser, $39.95, mossfragrances.com

Next Soap Dispenser, $18, next.com.au

TIP
Add a seasonal scent for a festive touch.

DINING ROOM

Big W Christmas Tree Serving Platter, $15, bigw.com.au

Target 16-Piece Cutlery Set, $45, target.com.au

M&S Collection Bowls (set of 3), $33.99, marksand spencer.com/au

Kmart Salt and Pepper Shakers, $5, kmart.com.au

Target bonbons (8 pack), $8, target.com.au

Woolworths
The fresh food people
Rhonda Burchmore
Todd McKenney
Woolworths
CAROLS
in the Domain
40th Anniversary
Energizer
CELEBRATE CHRISTMAS
with the stars!
LACHIE GILL
Join us for Australia's biggest Christmas party! Woolworths Carols in the Domain turns 40 and you're invited to celebrate Christmas with the stars for an unforgettable night of fun and festivities on Saturday December 17. It's free or scan the QR link – limited reserved seating still available.
WE CHRISTMAS
Follow us on Facebook and Instagram @carolsinthedomain for the latest artist announcements. For all your Carols information, visit carolsinthedomain.com
WATCH ON 7
WOOLWORTHS CAROLS IN THE DOMAIN IS MADE POSSIBLE THANKS TO THE GENEROUS SUPPORT OF OUR PARTNERS
NSW GOVERNMENT
smoothfm
THE DOMAIN
Energizer
Disney
THE SALVATION ARMY
SHERATON GRAND Sydney Hyde Park
CANADA
Woolworths The fresh food people
New Idea

Dr Kate Adams

EXPERT ADVICE FOR KEEPING YOUR FUR FRIEND HAPPY AND HEALTHY

Toddlers and dogs

PROTECTING YOUR FAMILY

MAKE SURE YOUR KIDS AND PETS CAN LIVE IN HARMONY

I'm often asked about the best and worst parts of being a vet. There's lots of great parts, but the worst part is having to discuss the rehoming or euthanasia of a healthy pet after they've lunged at or bitten a child.

Most dog bites in Australia happen to children under10 years and the majority are from either their own family dogs or a dog they know. Sadly, the overwhelming percentage of these bites are preventable. So how do you keep your children (and your dog) as safe as possible?

1 Know when to seek help: problematic dog behaviour should never be ignored. Your dog is likely very well behaved and can sit, stay and walk on a lead so seeking out 'dog training' isn't the solution. Problematic behaviours such as growling, whale eye and stalking often escalate to a bite over time if nothing is done and you should seek out a specialist veterinary behaviourist.

2 Create some space: Your pet needs their own safe child-free space that they can go to be alone, eat and have undisturbed rest. Disturbing a dog's sleep day after day is the fastest way to create a problem between child and dog.

3 Teach your children and their friends how to interact with your dog. Dogs don't like being hugged around the neck – many will put up with it, but I've never met a dog that actually enjoys it.

When first meeting a dog, parents should assess what the dog's body language is looking like – lip licking, whale eye and yawning are common signs of stress that indicate touching is not a good idea. If you get a "yes" from the dog, children should pat the dog on the shoulder for two to three seconds. If they move away, that's the end of the patting.

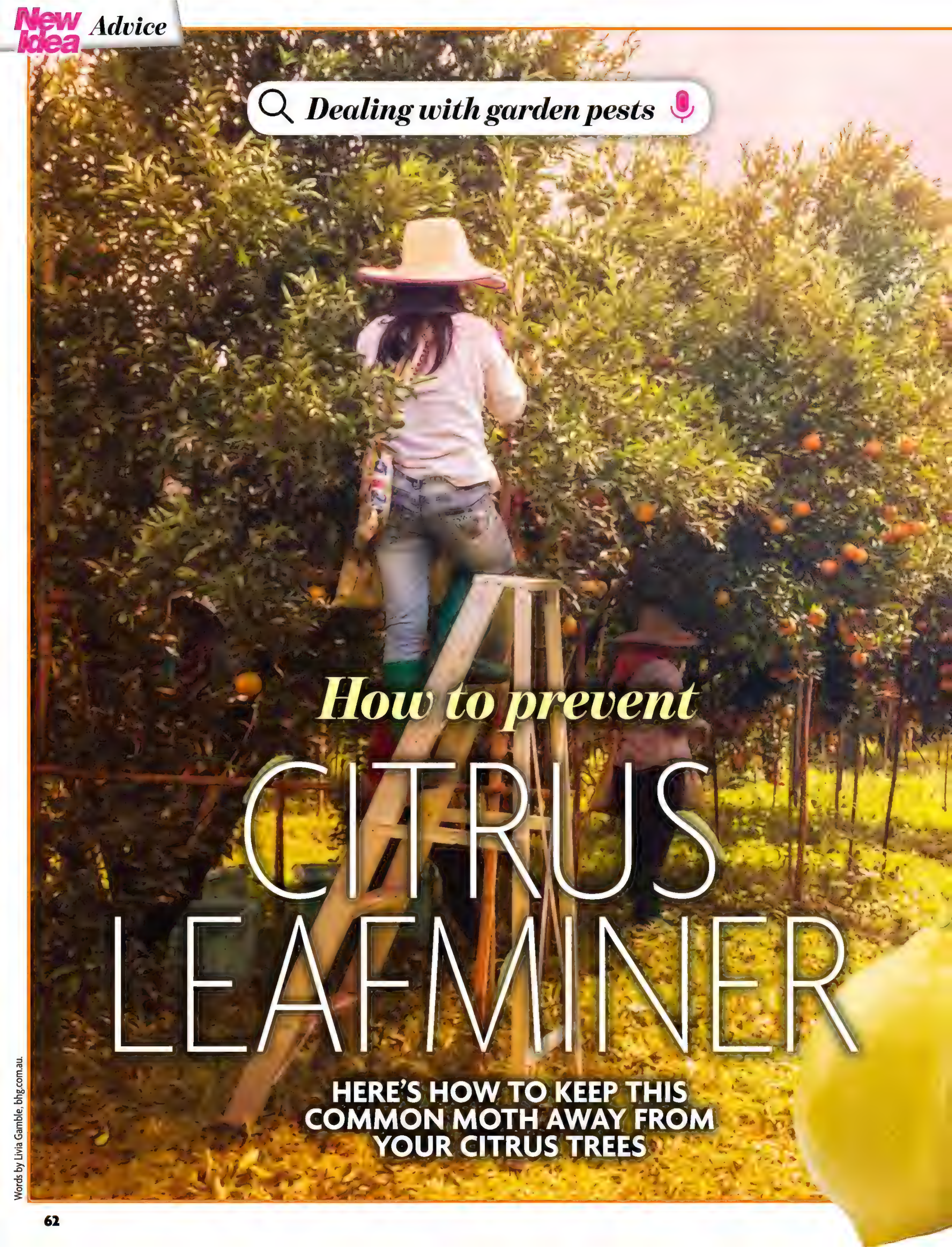
4 Don't be fooled by breed. I've seen plenty of golden retrievers bite children – any dog has the potential to bite. Trust the behaviour you are seeing from the dog in front of you. Children and dogs should never be left unsupervised – toddlers are as unpredictable as dogs!

5 If your child's going through a stage of throwing things, not listening, random tantrums and being generally difficult – give the dog a break. Organise a grandparent or doggy daycare to take the dog for a day or two, even a week, while things get under control at home.

6 Let your child help with feeding time. This gives you an opportunity to teach them that the dog should be left alone to eat, as well as giving them productive bonding time.

Teaching kids to feed the dog can be a bonding exercise.

Catch Kate on **BONDI VET** *Sun. 4pm on Channel Nine*



Dealing with garden pests

How to prevent CITRUS LEAFMINER

HERE'S HOW TO KEEP THIS COMMON MOTH AWAY FROM YOUR CITRUS TREES

Words by Livia Gamble, bhg.com.au.

What is citrus leafminer? A persistent garden pest that will come back yearly to lay its eggs on the leaves of your citrus trees, it is a nocturnal moth, with a wingspan of five millimetres. Once it has burrowed its way inside the leaf it's tough to eradicate it, so when it comes to controlling these pests, prevention is the key.

The good news is they won't kill your tree and it will still produce fruit. But the damage can be dependent on how mature your citrus tree is.

Kevin Parker, senior horticulturist at The Greenery Garden & Home says you can't wait for the insect to appear before you act.

"The biggest mistake people make is spraying too late in the season. We all wait until we see [citrus leafminer] to do something about it. But by that stage, it's too late," says Kevin.

WHAT TO LOOK OUT FOR

"In the springtime, the plant produces all the new leaves and the moth lays eggs on the leaves," explains Kevin. "From the egg, a little worm, called larvae, hatches out and burrows into the leaf."

When the larvae is fully grown, it will curl the leaf around for protection while they pupate.

"It's called leafminer because it looks like it's mining the leaf, you can see all these translucent sorts of tunnels, and it can significantly damage the leaves," adds Kevin.

Larvae will damage the leaf.

PEST PREVENTION

The best way to control leafminers is to prevent the larvae from burrowing into your citrus plants in the first place. Here's what you can do:

1 SPRAY WITH AN OIL

The best time to spray is as soon as you see new growth on your tree. "You can't control [citrus leafminer] when you see it. You've got to spray preventively," says Kevin. To protect the new growth on your citrus plants, spray them with an oil-based spray, like white oil, eco-oil or neem oil.

"The way the oils work is they put a film over the leaf, and they prevent the moth from laying eggs on them," he explains. You can't just spray the leaves once – it's best to spray the leaves of your citrus tree with oil once a week when there's new growth, until the leaves get firmer. "It might be once a week for say, six weeks or so during that period," says Kevin.

2 PHEROMONE TRAPS

If you don't want to use oils and sprays, you can try pheromone traps to get rid of citrus leafminer naturally.

"The male moth is drawn to the pheromone and gets stuck on the sticky trap. So you're taking the male out of the equation, which means they can't breed with the female, and then you're less likely to get the larvae on the tree," says Kevin.

FOR MORE GARDENING CONTENT AND ADVICE HEAD TO BHG.COM.AU

PEST CONTROL

KEEP YOUR CITRUS TREE HAPPY AND HEALTHY

Eco Citrus Leaf Miner Trap, $23.99, flowerpower.com.au

Seasol EarthCare White Oil Insect Spray, $6.94, bunnings.com.au

Yates Insect Control Spray, $13, woolworths.com.au

Yates Success Ultra Insect Control, $28.97, bunnings.com.au

GET RID OF CITRUS LEAFMINER...

If citrus leafminer has made its way inside the leaves of your healthy citrus tree, there are a couple of things you can try.

1. Prune away damaged leaves – applying an oil to the leaves won't kill the larvae, so it's important to remove the infested leaves.
2. Using an insect control spray – Kevin suggests the Yates Success Ultra Insect Control spray. "It's absorbed into the leaf, and it can affect the larvae when they're there," he explains.

Interesting places to stay in Tassie?

A story about HOBART

A NEW HOTEL IS COMBINING THE PAST WITH MODERN LUXURY

I'm sure I'm not the only one who has always loved history but found history lessons back in high school a real bore! I mean, no offence to my former teachers, but if you ask me, learning about the past should be fun.

That's precisely the ethos at Hobart's MACq 01 Hotel, where I spent three days learning about Hobart's rich history, all while eating and drinking at some of our country's finest – and did I mention living in luxury?

MACq 01 is a unique 'storytelling' hotel.

A tour guide will teach you the local history.

WHAT'S IN A STORY?

MACq 01 is Australia's first storytelling hotel. What does that mean, you ask? Well, for starters it means that every aspect of the hotel, set on Hunter Street's Ocean Pier and with uninterrupted water views, links back to the area's incredible past. Everything from the design of the rooms to the art on the walls forms part of the storytelling experience, with guests given the chance to learn about the history of Hobart organically during their stay.

Each of the 114 luxury rooms at MACq 01 are named after a different character – all central to the story of Tasmania. From explorers to artists, to pub owners and convicts, no two stories are the same. I had the pleasure of learning about

Whisk yourself away to Evolve Spirits Bar.

EAT (AND DRINK) UP!

Hobart is fast becoming the foodie capital of Australia, and MACq 01 is no exception to the rule. I was treated to a host of delicious local produce and seafood at the hotel's Old Wharf Restaurant, but in my opinion, where this place really shines is the bars. Open to guests and non-guests alike, I enjoyed a personalised cocktail in The Story Bar, while in Evolve Spirits Bar, voted Australia's top hotel bar in 2021, I enjoyed the most informative whisky tasting experience I've ever done (and yes, I've done a few!) and stayed for a few more drinks, too. All in the name of a good story, right?!

Sample local seafood at the Old Wharf Restaurant.

Soak up the stunning views over Hobart.

some of these colourful characters thanks to MACq 01 storyteller Lucy, who runs a variety of free tours for guests who want to learn more about how the hotel came to be. She told me that each of these characters falls under one of five traits, which has then been used to inform differences in room design.

I stayed in the room dedicated to Francis Simpkinson De Wesselow, who was one of Tasmania's finest landscape painters. Lucy tells me that Francis – and my room – fall under the 'Curious and Creative' category, with lightness and free-form shapes throughout the room used to reflect his innovative spirit.

The tours don't just stick to the hotel either, with daily guided walks around the local area on offer for guests who want to learn more about the place they're calling home for the night. For those who'd rather indulge and relax without thinking too hard, there are subtle nods to the history behind the hotel throughout – with viewfinders in every room and iPads hidden in old books.

MAKE A WEEKEND OF IT!

While Tassie hasn't traditionally been considered a weekender, Hobart is fast becoming a hotspot for quick visits, and with good reason. With flights from Sydney, Melbourne and Adelaide all taking under two hours, and the city itself being easily walkable, it's the perfect getaway for those looking for great bars, excellent food and a small city bursting at the seams with culture and cool.

NEW IDEA'S ERIN HOLOHAN

My Hobart TOP FIVE

1 Mona: Australia's most famous art gallery is open from Friday to Monday. Bookings are a must! If art that challenges you is your thing, this place is a dream come true, and the ferry ride there is spectacular. **mona.net.au**

2 Farm Gate Market: Open every Sunday from 8.30am, this foodie heaven has fresh produce, great food and coffee and live music taking over inner-city Bathurst Street. **farmgatemarket.com.au**

3 Sonny: If the lines out the front of this small bar/restaurant are anything to go by, it's definitely Hobart's coolest spot. The vibe, the wine and the food are all to die for. **sonny.com.au**

4 In the Hanging Garden: A live music and cultural precinct that feels like walking into a greenhouse – one filled with street food and craft beer. **inthehanging garden.com.au**

5 Tom McHugo's Hotel Hobart: One of the best gastro pubs I've been to, in the centre of the city! Instagram **@tmchugos**

By Erin Holohan.

bounty x hardtofind.

YOUR SUMMER PARENTING BOX

DISCOVER CURRENTLY KIDS OVER SUMMER BOX IS HERE!

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YOURS FOR ONLY $129

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Ninja Mama

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WANDERLUXE SLEEPWEAR

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MEERABOO

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WHILE STOCKS LAST

YOU CAN WIN A SHARE IN $2000!

New Idea PUZZLES

RETRAIN YOUR BRAIN AND STAY ON THE TOP OF YOUR GAME!

COMPACT STARS

To win one of six prizes of $50, complete the puzzle and read the coloured squares to reveal a movie featuring Sadie Sink (4,3). Write this title on the coupon.

Homer Simpson expletive
Grim –, death personified
Surrender
Large country house
Grain used in brewing
Zone, region
Listen to
Joining word
– to *Heaven*, classic rock song
Strengthen, improve
Killer whale
Gandhi's title of respect
Tina –, pop diva
Name before marriage
Martin –, actor
Fuss, bother
Pre-eminent
Losing My Religion band (1,1,1)
Jesus Christ –, rock opera
Adjacent, joined up
Condenses
Old TV screen (1,1,1)
Annoyingly dainty
Organic pouch
Opposed to
Fungal foot malady
Sore, lesion
Holiday facilities
Pleasant mix of musical notes
Muscular spasm
Tattoo pigment
Curved entrance
Vibrated
– up, enthuse
Oddly winsome
Striped African equine
Mountain
Stalin's empire (1,1,1,1)
Road sealant
Sixth sense (1,1,1)
Unit of resistance
Slight difference
Crafty and delicate
Mrs Kanga's joey
Snares
Old weight measure
Water or milk vessel
Trepidation
Troublesome

SUPER CROSS

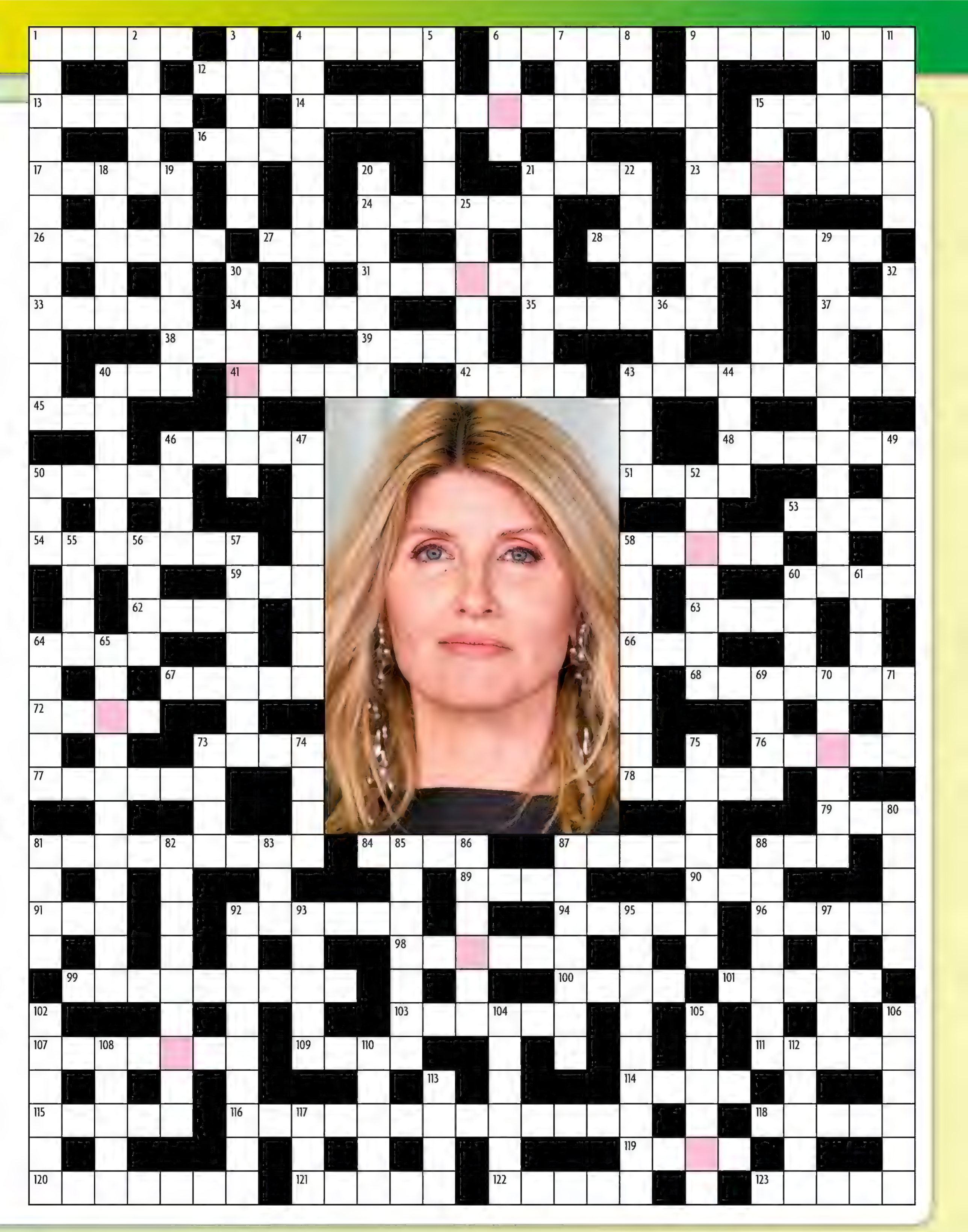
For a chance to win one of two prizes of $250, simply solve the crossword to reveal the name of a drama series featuring our pictured star (3,7) in the coloured squares. Write this on the entry coupon.

ACROSS

1 Cane sweetener (5)
4 Hamish –, TV presenter (5)
6 Road freight vehicle (5)
9 Financial supporter (7)
12 Unaccompanied (4)
13 Room in the roof (5)
14 Game played in an alley (6,7)
15 North American buffalo (5)
16 Festive charity event (4)
17 Confess, admit responsibility (3,2)
21 – Brand, country singer (4)
23 Radioactive element (7)
24 Poetic passages (6)
26 Sermon offering moral guidance (6)
27 Reflected sound (4)
28 Abundant (9)
31 James –, UK-born actor and talk-show host (6)
33 Winona –, actress (5)
34 Dame Nellie –, Australian soprano noted for her many 'farewell' performances (5)
35 US movie and theme-park company (6)
37 Quick swim (3)
38 Promissory note (1,1,1)
39 Bird of peace (4)
40 Sweet potato-like tuber (3)
41 Volley of artillery fire (5)
42 Long, amusing tale (4)
43 Major regional church (9)
45 Name before marriage (3)
46 Beehive product (5)
48 Religious officers (6)
50 Heartbeat (5)
51 Ice hockey disc (4)
53 Good fortune (4)
54 The Big Apple (3,4)
58 Floating mass of oil (5)
59 Mountain –, tall flowering tree (3)
60 Paradise in the Biblical tale of Adam and Eve (4)
62 – and tear, damage with use over time (4)
63 Part of a list (4)
64 Daybreak (4)
66 Monstrous warrior in *The Lord of the Rings* (3)
67 Down-filled quilt (5)
68 Federal upper house politician (7)
72 Perform in public places (4)
73 Medieval rural worker (4)
76 Wood-turning machine (5)
77 Widespread unrest (6)
78 Moulin –, famed Parisian nightclub (5)
79 Wise nocturnal bird (3)
81 Catholic church dignitary (9)
84 Second-hand (4)
87 Pig's nose (5)
88 – Sayer, singer (3)
89 – Thomson, actor (4)
90 Golf ball holder (3)
91 Item for sale at auction (3)
92 Paranormal medium's session (6)
94 Uncouth hooligan (5)
96 Barack –, former US president (5)
98 Whitening chemical (6)
99 Particular foe (9)
100 Keenly interested (4)
101 – West, hip-hop personality (5)
103 Aromatic spice (6)
107 High-ranking naval commander (7)
109 Currency of Vietnam (4)
111 – Springfield, 1960s singer (5)
114 – Fitzgerald, jazz and blues diva (4)
115 Ground meat (5)
116 Pertussis (8,5)
118 Invalid tennis serve (5)
119 Simple (4)
120 Nuclear fission facility (7)
121 Distended swelling (5)
122 Tribal symbol, as carved on a pole (5)
123 Take one's ease (5)

DOWN

1 Pictured actress (6,6)
2 French farewell (5)
3 Instrumental composition over several movements (6)
4 Relating to plants (9)
5 Medicinal drink (6)
6 Large brass instrument (4)
7 Not married (5)
8 Ornamental pond carp (3)
9 – Weaver, actress (9)
10 Japanese rice and seafood delicacy (5)
11 Change moniker (6)
15 Blessed state of happiness (9)
18 Wandering tribesperson (5)
19 Religious traveller (7)
20 Crocodile pear (7)
21 Apart (7)
22 Fashionable city in northern Italy (5)
25 Harbour Bridge and Opera House city (6)
29 Subterranean (11)
30 Mirthful, pleasantly diverting (7)
32 Iridescent Australian gem (4)
36 Historical period (3)
40 Cowardly colour (6)
43 Bivouac (4)
44 IT shortcut (4)
46 Male protagonist of a story (4)
47 Japanese port city (8)
49 Northwestern Canadian territory (5)
50 Farmyard enclosure (3)
52 Arts reviewers (7)
55 Dame – Everage, Barry Humphries character (4)
56 Tired extension of the jaw (4)
57 Singing entertainment (7)
58 Marine mustelid (3,5)
60 – McKeon, Olympic swimming champion (4)
61 Ticklish children's show puppet (4)
64 First appearance (5)
65 London's Parliamentary precinct (11)
69 Major river of northeast Africa (4)
70 Indelible skin illustration (6)
71 Cereal grass (3)
73 Male deer (4)
74 Cricket boundary score (4)
75 Louis –, luxury luggage brand (7)
80 Pale pinkish purple (5)
81 Dairy product (4)
82 Olympic swimming champ known as Thorpedo (3,6)
83 Bear a debt (3)
85 The whole –, complete affair (7)
86 Subterfuge (6)
87 Extremely lofty (3-4)
88 Spotted African big cat (7)
92 Oil and seed yielding blossom (9)
93 Bearing weapons (5)
95 Biblical nativity town (9)
97 Bottomless pit (5)
102 Agricultural producer (6)
104 Team's animal symbol (6)
105 Buff, shine (6)
106 Order of words (6)
108 Large ray (5)
110 Himalayan republic, capital Kathmandu (5)
112 Common mode of deployment (5)
113 – Boleyn, second wife of Henry VIII (4)
117 Sphere (3)

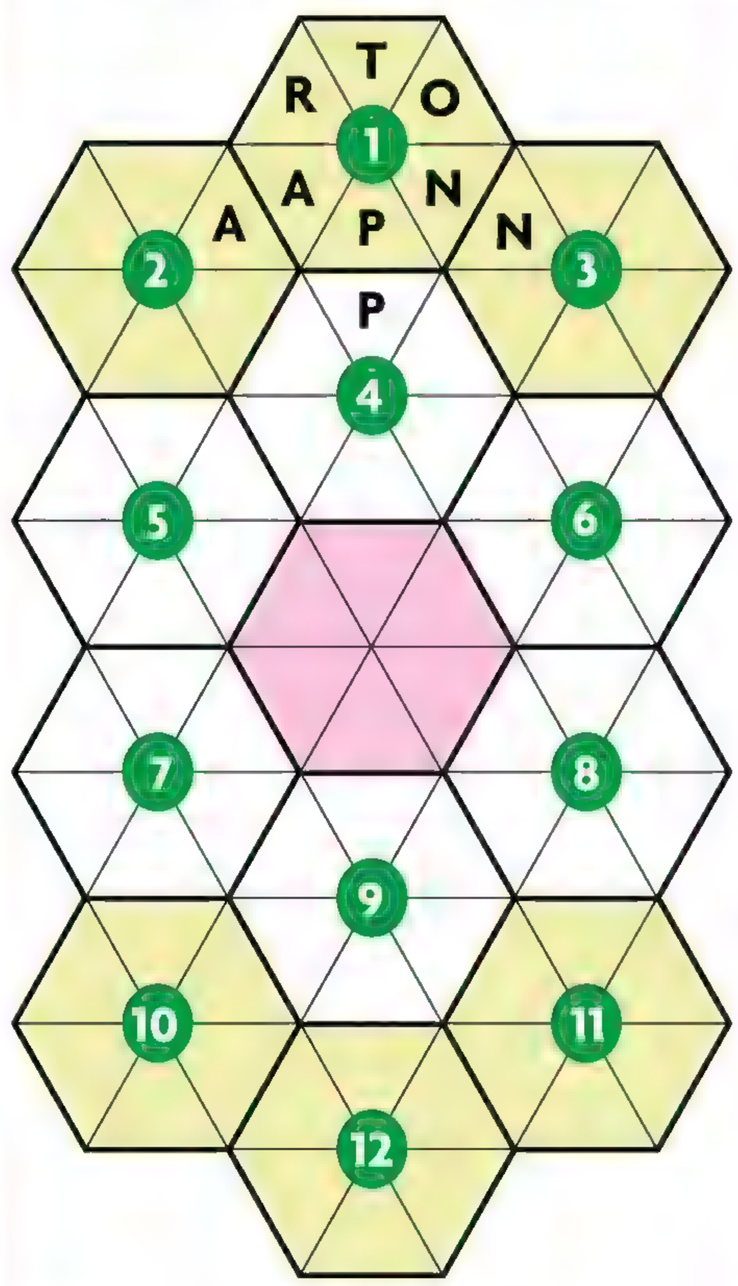


$2000 PRIZE TO SHARE!

HEXWORD

$200 UP FOR GRABS!

To win one of two prizes of $100, write the word in the coloured middle hexagon on the entry coupon. Each of the clues below has a six–letter answer. Write the answer clockwise in the spaces around the appropriate clue number. Where the hexagons touch, the letters in the adjoining segments will be the same. We've answered one clue for you. Letters in brackets tell you the first letter of the answer.



CLUES

1 Dolly –, country music legend (P)
2 – *Street*, children's TV sprogram (S)
3 Amigo, chum (F)
4 Picnic basket (H)
5 Overcome, as in battle (D)
6 Highly skilled shearer (R)
7 Profoundly (D)
8 Lyrical writing (P)
9 Allergenic flower spores (P)
10 Serenely calm, peaceful (P)
11 Wile E –, Road Runner's cartoon pursuer (C)
12 Swift raptor which dives to catch prey (F)

CODE CRACKER

$300 UP FOR GRABS!

To win one of three prizes of $100, work out which number represents which letter. All letters of the alphabet appear at least once. We've given you three letters to get you started: 3=C, 4=T and 21=L. Use the Letter Checker box to keep track of the letters you've decoded. The coloured boxes at the bottom will reveal our prize word. Write this answer on the entry coupon.

5	20	16	14	25	8	11	9		17	16	3	4
20		15			23		4			11		9
8	4	9	25		4		3	19	3	3	18	22
3		26		21	19	3	7		19			4
13	8	4		8		20		17	20	23	14	8
21			10	9	2	9	11		23			21
18	19	21	13		16		9	22	3	8	4	9
	6		18		23		3		8		11	
24	19	14	10		8	3	9		21	19	20	15
	23		3		21		8		21		10	
26	9	4	11	19	21		26		19	20	10	4
8			16		16	21	4	16	11			7
4	9	25	26	19		9		22		4	12	19
3			9		7	9	11	9		11		20
7	9	16	11	10	9		16		21	20	23	14
9		12			11		14			3		7
11	19	21	21		1	16	10	9	25	9	23	4

LETTER CHECKER

1	2	3	4	5	6	7	8	9	10	11	12	13
		C	T									
14	15	16	17	18	19	20	21	22	23	24	25	26
							L					

3	7	9	11	11	18

TERMS AND CONDITIONS: Visit www.aremedia.com.au/competitions for full Terms & Conditions. The individual promotion period opens 28/11/22 at 09:00AEST/AEDT and closes on 11/12/22 at 17:00AEST/AEDT. The entire promotional period will open on 14/11/22 and close on 18/12/22 at 17:00AEST/AEDT. Winners are drawn at Greeneagle Distribution and Fulfilment, Unit 5/9 Fitzpatrick Street, Revesby NSW 2212 on 30/12/22 from 08:30AEST/AEDT. Total prize pool is $2,000 (1x $500, 2 x $250, 5 x $100, 10 x $50). Prizes will be sent within 6 to 8 weeks. Winners notified by mail and their names published at prizestolove.com.au/winners on 16/01/23. The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under NSW Permit No. TP/00018. Are Media Pty Limited is collecting your personal information for the sole purpose of running this competition including identifying and notifying winners. If you are not a winner, your personal information will be destroyed. Are Media Pty Limited will handle your information in accordance with Are Media Pty Limited Privacy Policy which is available on our website https://www.aremedia.com.au/privacy/ See contents page for location of our Privacy Notice. If you do not want your information provided to any organisation not associated with this competition please indicate this clearly on your entry or notify the promoter in writing. For conditions of entry, visit aremedia.com.au/competitions.

LOGIC

Dave is a freelance designer and has just sent five invoices to businesses for work he completed for them. Can you tell what he designed for each company and how much he charged?

HOW TO SOLVE

Read the clues and place a tick in an intersecting box if you have any positive information and use a cross if you have any definite negative information. For example, you learn Dave's least expensive job was designing the menu, so we have placed some ticks and crosses in the grid to help you along. Using this method, you should be able to fill in the smaller grid.

CLUES

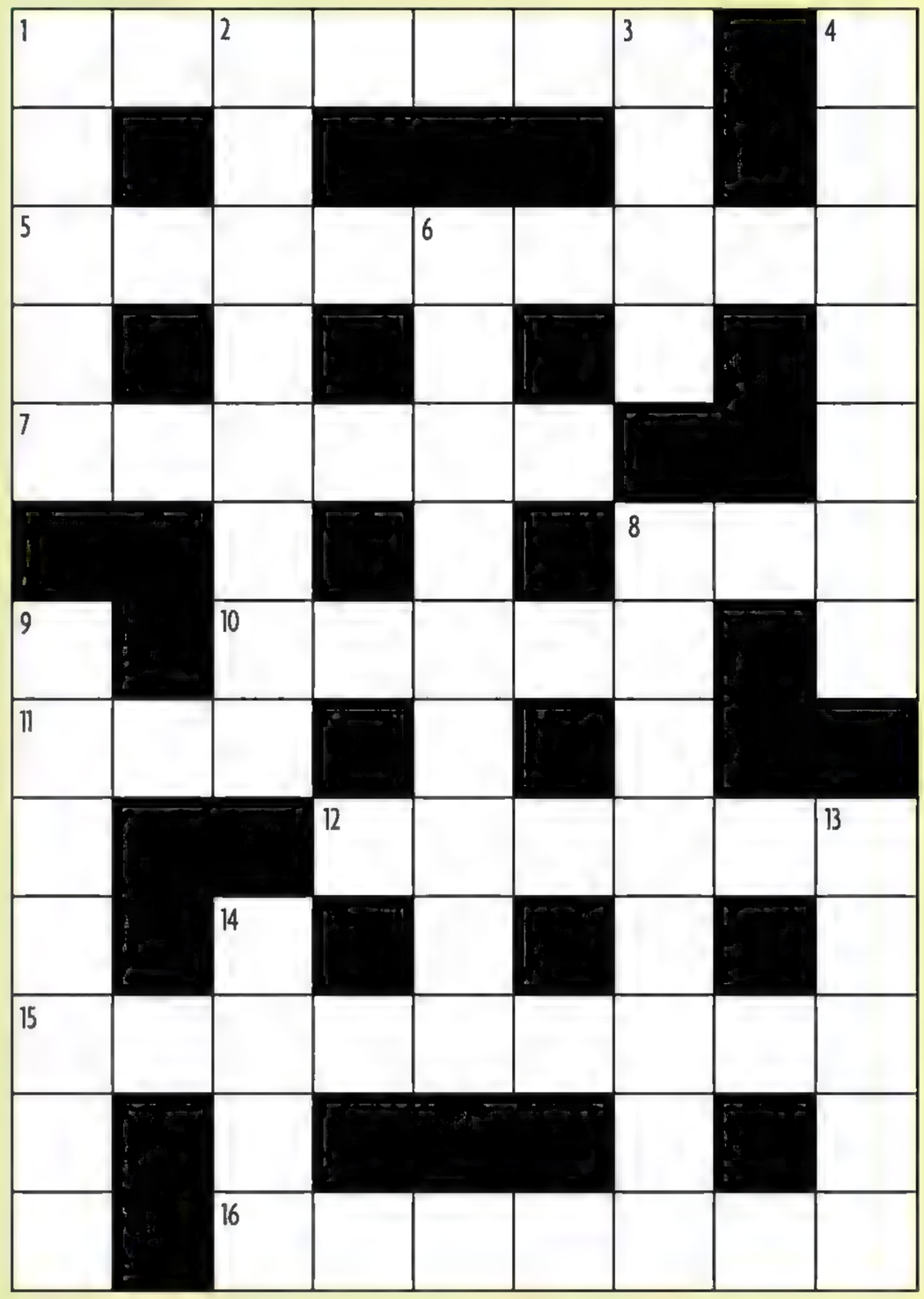
1. The invoice for a local café's new menu was the smallest.
2. Dave designed a colourful brochure for a discount chemist chain.
3. Dave charged $1800 for his work on a new logo, which wasn't for an estate agent.
4. Dave charged an odd amount for his work on the website design.
5. For his work on the flyer, Dave charged twice as much as his work on the menu.
6. The accountant asked Dave to design his new website.

		JOB					BUSINESS				
		BROCHURE	FLYER	LOGO	MENU	WEBSITE	ACCOUNTANT	BUILDER	CAFE	CHEMIST	ESTATE AGENT
PRICE	$820	✗	✗	✗	✓	✗					
	$1640				✗						
	$1755				✗						
	$1800				✗						
	$1900				✗						
BUSINESS	ACCOUNTANT										
	BUILDER										
	CAFE										
	CHEMIST										
	ESTATE AGENT										

PRICE	JOB	BUSINESS
$820		
$1640		
$1755		
$1800		
$1900		

CRYPTIC CROSSWORD

Give your brain a workout! To check if you're right, see solutions.



ACROSS

1. Alas Agnes swallowed the pasta dish (7)
5. Rudely chortle at Emily's first sister (9)
7. Try to bend rivets (6)
8. Odd trust admonished king from 9 down (3)
10. Trace around packing box (5)
11. Himalayan bovine okay to return without oxygen (3)
12. Ian has upset Ms Twain (6)
15. This company man programmed computer (9)
16. Turns down and polishes again (7)

DOWN

1. Secures hair (5)
2. Bogus heavy guitar music symbolic of Ireland (8)
3. Devours a set recipe (4)
4. The last movement is unseen (7)
6. I joined the naval operation to find giant sea monster (9)
8. Adolescent lupine made town feel uneasy (4,4)
9. Drip may damage monumental tomb (7)
13. Cricket trophy in rashest surroundings (5)
14. Some mascara leaves an indelible mark (4)

PUZZLES $2000 PRIZE TO SHARE!

SUDOKU

Put 1 to 9 into every horizontal line, vertical row and 3 x 3 square. These puzzles are graded from easy to hard.

	8					2		
			9	7	6			
7	5			1		6		
	6		1		3		9	
		3				1		
	1		7		8		4	
		9		2			8	3
			4	8	9			
		8					6	

			8		5	3	1	
1		5		7	9	6		
			3					
	2	1						7
	9	8				1	2	
7						8	3	
					4			
		4	5	8		2		3
	1	2	6		7			

9					4	2		
	5			2		3		8
3					8		5	
	6				1			
		5				9		
			6				8	
	3		8					2
5		2		7			3	
		1	4					7

WORD MAKER

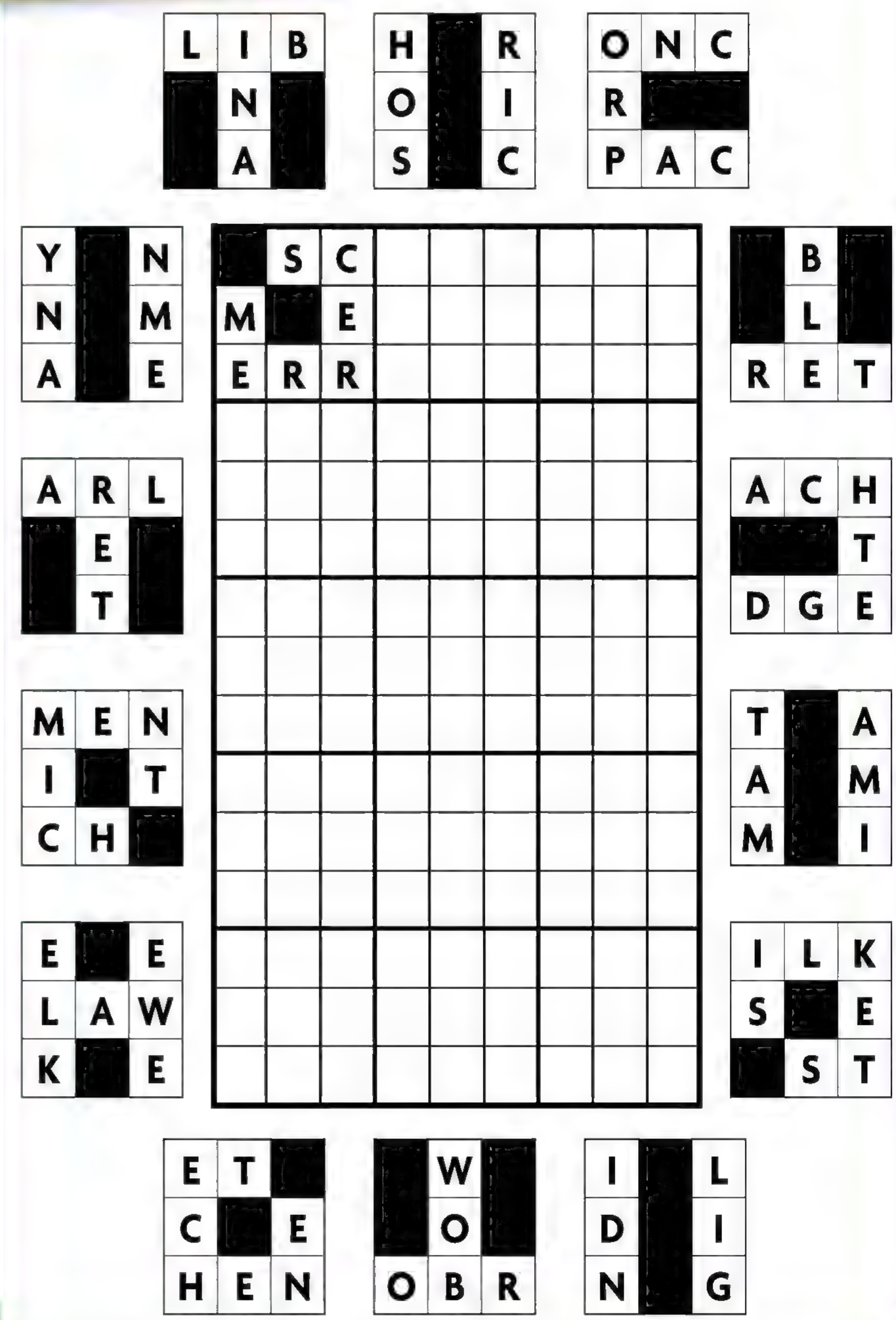
How many words of five letters or more can you make from the letters on the right? Each word must contain the centre letter and you must make one nine–letter word. No proper nouns.

YOUR GOAL: 40

P T R
E **M** N
U D I

JIGSAW

Replace the 14 pieces in the grid to form a symmetrical puzzle with completed words.



WORD SEARCH

THIS WEEK
IDRIS ELBA

To win one of four prizes of $50 in our word search, find everything on the list in the grid. One of the entries can't be found. Write this on the entry coupon.

AMERICAN GANGSTER
BEAST
CATS
DJINN
HEIMDALL
LUTHER
PROMETHEUS
PROM NIGHT
THE DARK TOWER
THE JUNGLE BOOK
THE WIRE
ULTRAVIOLET

G	H	L	P	A	K	L	F	M	L	C	L	L	S	T	N	W	N
L	Q	J	P	P	U	O	N	R	G	G	N	R	H	E	O	G	N
M	Q	T	M	T	K	Y	O	F	Z	Z	H	G	V	L	A	M	I
J	X	P	H	W	A	U	A	B	Z	J	I	V	L	A	B	X	J
U	W	E	R	E	I	E	L	H	E	N	H	A	F	F	U	E	D
M	R	H	K	O	W	W	C	T	M	L	D	Y	B	B	U	S	F
U	P	S	A	K	M	I	I	O	R	M	G	X	B	H	N	H	F
Z	M	A	Q	E	C	E	R	I	I	A	S	N	W	E	E	X	N
E	P	X	P	A	X	P	T	E	Z	W	V	K	U	A	A	H	G
F	D	S	M	X	F	K	H	H	E	A	F	I	G	J	N	S	S
R	E	W	O	T	K	R	A	D	E	H	T	L	O	A	E	S	T
K	A	M	Y	L	W	Z	X	G	R	U	U	T	S	L	S	H	P
M	B	Y	I	C	O	G	T	P	L	F	S	R	L	U	E	U	T
A	M	E	R	I	C	A	N	G	A	N	G	S	T	E	R	T	W
X	B	J	R	G	L	U	W	O	H	K	A	J	W	Q	A	Z	U

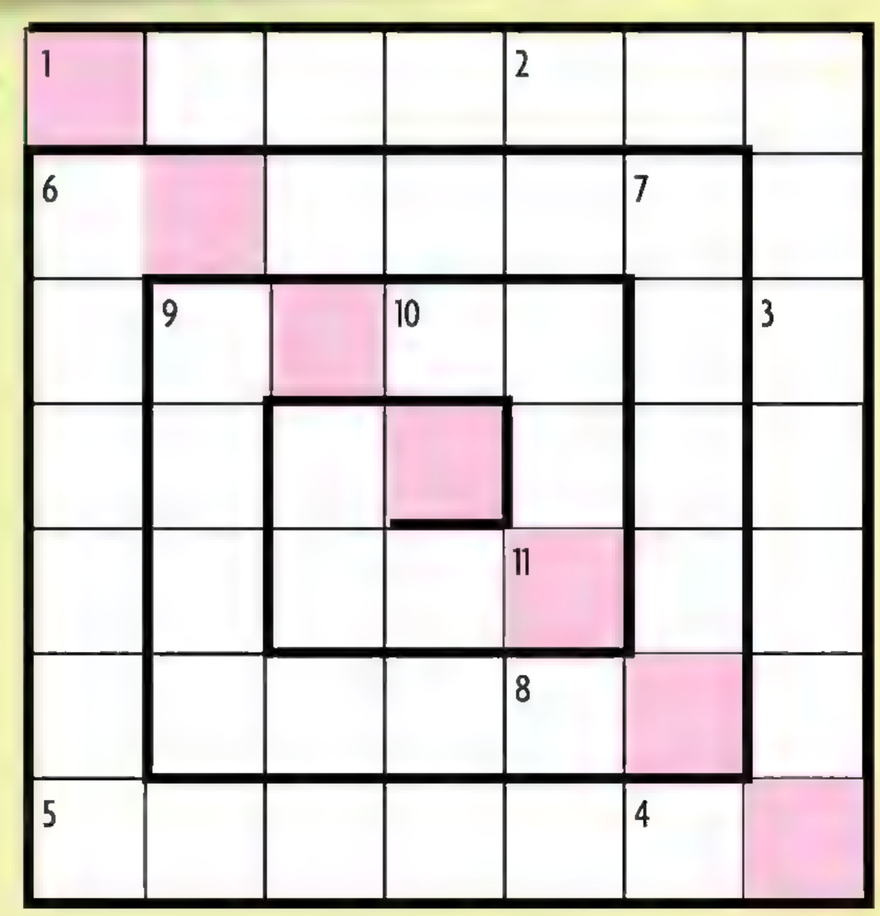
WORDOKU

Here's a twist on the traditional Sudoku. Instead of the numbers 1 to 9 there are nine different letters you need to put into each row, column and 3 x 3 square. When completed, the shaded row will spell out a hidden word.

	T						H	
			Y	N	I			
					S	P		O
		N		S	P	T		H
S		T	M	Y		N		
T		Y	S					
			H	T	N			
	P						M	

SPIRAL SQUARES

Write the answers to the clues below into the grid in a clockwise spiral starting at number 1, where the arrow points you in the right direction. The final letter of every answer becomes the first letter of the next. When the puzzle is complete, the coloured squares, reading diagonally downwards, will reveal a hidden word.



CLUES

1 Pale bluish purple (5)
2 – Flynn, swashbuckling actor (5)
3 Chortles (6)
4 Red wine variety (6)
5 Capital of Croatia (6)
6 Men's undershorts (6)
7 Rigorously disciplined (6)
8 Lebanese salad (7)
9 Printing fluid (3)
10 Miranda –, lingerie model (4)
11 Animal welfare organisation (1,1,1,1,1)

NEW

THE ESSENTIAL BBL GUIDE FOR ALL FANS

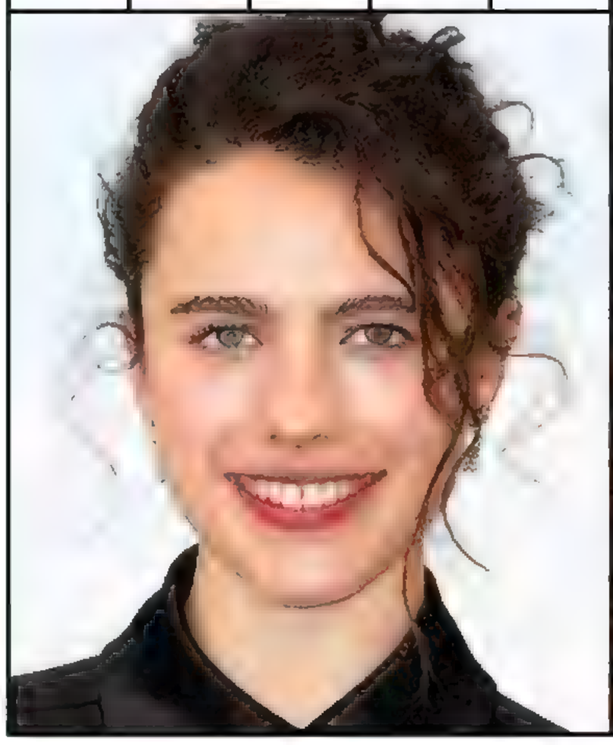
On sale now at selected Woolworths, newsagents and magshop.com.au

CROZZLE

$500 UP FOR GRABS!

For the chance to win $500, solve the Crozzle and the letters in the shaded squares, reading left to right, top to bottom, will reveal the title of a drama romance movie featuring our pictured stars (5,2,4). This is the winning answer. Write this on the coupon for your chance to win.

Indian robe
Courageous person
Caribbean country
Cash machine (1.1.1.)
Office note
Tasmania, the Apple —
Colony insects
Betrayal of your country
Photography device
Moral offence
Jam-filled pastry
Leak slowly
Baseball glove
Small spot
Pictured star, — Qualley
Internet linking devices
Italian rice dish
Infrequent
Garlic mayonnaise
Theatre attendant
Paddle
Stitch
Building locations
Small carpet
Private teachers
Male child
Roads
Matured
Grain store
Untidy state
Crude mineral
Privileged group
Fasten with a knot
Owns
Uncooked
Climbing plant
Palm tree berry
Unite, come —
Fire remnants
Fragrant flowers
Above
Dry (of wine)
Freeway division
Deceitful person
Spray cans
Showy daisy
String of episodes
Cure
Cooking apparatus
Unlock
Sketched
Service charge
Cereal grain
Regrets
Father Christmas, — Claus
Her Royal Highness (1.1.1.)
Silver medal position
Pictured star, — Alwyn
Predict
Large water jug
Each
Set free
Donkey
Abandon
Marauders
Finish
Historic period
Rich cake
Everlasting
Serpents
Misplace
Replenish
Leafy dish
Advertising phrase
Delight
Fragrance
Filming site US city, — Vegas
Neither here — there
Concepts
Postal delivery
Accumulated
Actor, — Kilmer
Perish
NZ parrot
Avoid
Be inclined (to)
Chopping tool
Hair protein
Observe
Frozen rain



PUZZLES $2000 PRIZE TO SHARE!

ANSWERS THIS WEEK

LOGIC

$820/Menu/Cafe
$1640/Flyer/Estate Agent
$1755/Website/Accountant
$1800/Logo/Builder
$1900/Brochure/Chemist

CRYPTIC CROSSWORD

ACROSS: **1** Lasagne **5** Charlotte **7** Strive **8** Tut **10** Crate **11** Yak **12** Shania **15** Macintosh **16** Rebuffs
DOWN: **1** Locks **2** Shamrock **3** Eats **4** Stealth **6** Leviathan **8** Teen wolf **9** Pyramid **13** Ashes **14** Scar

WORD MAKER

Demur, Denim, Dumper, Dumpier, Impend, **Imprudent**, Impudent, Impure, Impute, Imputed, Imputer, Merit, Minder, Mined, Miner, Minted, Minter, Minuet, Minute, Minuted, Minuter, Mired, Mitre, Mitred, Mudpie, Murine, Muted, Pentium, Permit, Prime, Primed, Remind, Remit, Rimed, Rudiment, Rumen, Tedium, Timed, Timer, Trump, Trumped, Tumid, Umpire, Umpired, Unmet, Untimed.

WORDOKU

I	T	S	P	M	O	Y	H	N
P	H	O	Y	N	I	M	T	S
Y	N	M	T	H	S	P	I	O
O	M	N	I	S	P	T	Y	H
H	Y	P	N	O	T	I	S	M
S	I	T	M	Y	H	N	O	P
T	O	Y	S	P	M	H	N	I
M	S	I	H	T	N	O	P	Y
N	P	H	O	I	Y	S	M	T

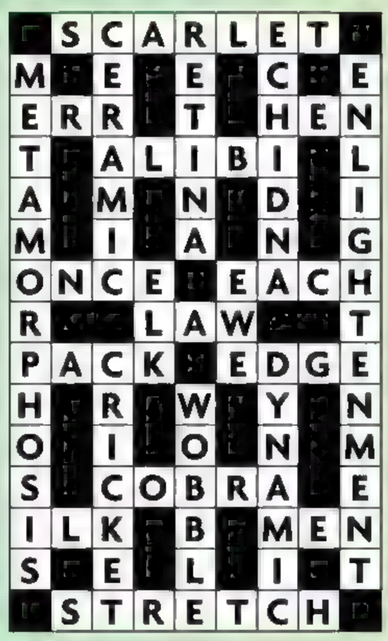
SUDOKU

9	8	6	3	4	5	2	1	7
3	2	1	9	7	6	4	5	8
7	5	4	8	1	2	6	3	9
4	6	7	1	5	3	8	9	2
8	9	3	2	6	4	1	7	5
5	1	2	7	9	8	3	4	6
1	4	9	6	2	7	5	8	3
6	3	5	4	8	9	7	2	1
2	7	8	5	3	1	9	6	4

2	6	7	8	4	5	3	1	9
1	3	5	2	7	9	6	4	8
8	4	9	3	1	6	5	7	2
3	2	1	4	6	8	9	5	7
4	9	8	7	5	3	1	2	6
7	5	6	1	9	2	8	3	4
5	8	3	9	2	4	7	6	1
6	7	4	5	8	1	2	9	3
9	1	2	6	3	7	4	8	5

9	1	8	3	5	4	2	7	6
4	5	6	7	2	9	3	1	8
3	2	7	1	6	8	4	5	9
8	6	4	5	9	1	7	2	3
1	7	5	2	8	3	9	6	4
2	9	3	6	4	7	1	8	5
7	3	9	8	1	5	6	4	2
5	4	2	9	7	6	8	3	1
6	8	1	4	3	2	5	9	7

JIGSAW



SPIRAL SQUARES

1 Mauve **2** Errol **3** Laughs **4** Shiraz **5** Zagreb **6** Boxers **7** Strict **8** Tabouli **9** Ink **10** Kerr **11** RSPCA
Hidden word: Monarch

ANSWERS NOV 21

COMPACT STARS

Winning title: *Shirley*

HEXWORD

1 Trusty **2** Talent **3** Public **4** Spoilt **5** Serval **6** Soccer **7** Merino **8** Pantry **9** Nellie **10** Lawson **11** *Avenue* **12** Salute
Winning word: Sister

CODE CRACKER

1=W, 2=G, 3=J, 4=M, 5=Q, 6=I, 7=D, 8=O, 9=N, 10=S, 11=U, 12=T, 13=L, 14=C, 15=B, 16=P, 17=X, 18=E, 19=F, 20=K, 21=A, 22=R, 23=H, 24=V, 25=Y, 26=Z.
Winning word: Crunch

SUPERCROSS

ACROSS: 1 Happy, 4 North, 6 Posed, 9 Axolotl, 12 Yeti, 13 Ample, 14 Generation Gap, 16 Own, 17 Push, 18 Azure, 19 Sonar, 23 Epic, 25 Eye, 26 Oyster, 28 Clash, 29 Glum, 30 Spaghetti, 34 Aria, 36 Elm, 38 Brumbies, 39 Train Set, 42 Map, 43 Bali, 44 End, 45 Olivia, 47 Cooke, 48 School, 49 Gas, 50 Lap, 51 Rifle, 53 Reward, 55 Cairo, 57 Envy, 59 Firm, 60 Proverb, 63 Otter, 64 Ron, 65 Ryan, 67 Reno, 68 Cafe, 69 Hera, 72 D N A, 73 Usher, 74 Norfolk, 76 Rook, 77 Fred, 79 Betty, 82 Sneeze, 83 Noisy, 84 Elk, 86 Tag, 87 Pistol, 89 Enemy, 93 Umpire, 95 Cot, 96 Andy, 97 Mia, 98 Terrapin, 101 Treasury, 103 Oar, 104 Kind, 105 Advantage, 106 Iraq, 107 Stalk, 110 Ensign, 114 U R L, 116 Lens, 118 Chile, 120 Liege, 122 Edgy, 123 Lea, 124 Victoria Cross, 126 Frock, 127 Ibex, 128 Tractor, 129 Bribe, 130 Panic, 131 Byron.

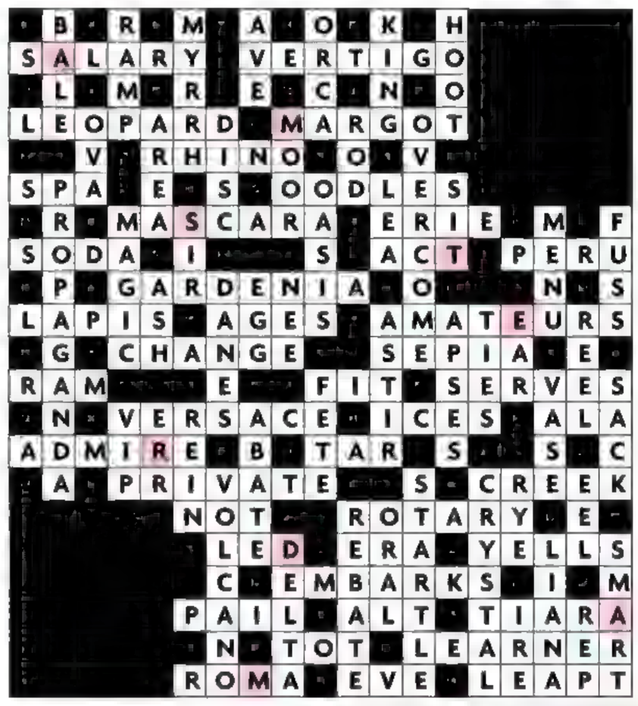
DOWN: 1 Hoarse, 2 Polka, 3 Demure, 4 Nightclub, 5 Horses, 6 Pate, 7 Sloop, 8 Dog, 9 Asparagus, 10 Offer, 11 Lintel, 15 Authentic, 20 Nil, 21 Rosebud, 22 Pompeii, 23 Erratic, 24 Capri, 27 Turban, 31 Temporarily, 32 Pelagic, 33 Cutoffs, 35 Opal, 37 Muesli, 40 Ado, 41 Noel, 46 Iberian, 48 Spry, 51 Rome, 52 Bebop, 54 Demon, 56 Arrive, 58 Vatican, 61 Vera, 62 Brother, 65 Reef, 66 Amulet, 69 Horus, 70 Rhode Island, 71 Pride, 72 Da Vinci, 75 Ruby, 77 Feel, 78 Wipeout, 80 Tattoo, 81 Yoghurt, 85 Kerr, 87 Puma, 88 Outlander, 90 E S P, 91 Yankees, 92 Adonis, 94 Martini, 95 Cryptic, 99 Retriever, 100 Angel, 102 Analgesic, 108 Lei, 109 Mullet, 111 Ice Cap, 112 Cygnet, 113 Reckon, 115 Llama, 117 Naomi, 119 Harry, 121 Fine, 125 Cub.
Winning answer: *House Of The Dragon*

WORD SEARCH

Winning answer: *A Simple Favour*

CROZZLE

Winning answer: *Amsterdam*



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From Nov 28-Dec 4

Horoscopes

OUR RESIDENT ASTROLOGER JENNY BLUME PREDICTS YOUR WEEK

Sagittarius NOV 23 – DEC 21

Hello summer! After months of uncertainty, a cloud that's been hanging over your home or family is beginning to lift. Adding to the buzz, a generous gift might take you by surprise, while for singles, an unexpected invitation could get you dreaming. Wear something silver for luck!

Lucky flowers: Tiger lilies

Capricorn DEC 22 – JAN 20

If emotions are clouding a big decision, schedule in some downtime. Life's simple pleasures will bring the greatest joy: cooking, gardening … or simply listening to music. Parents, if the kids have been a little distant of late, why not suggest a bedroom revamp or pot up some living gifts together?

Lucky numbers: 6, 11, 19, 21, 39, 44

Aquarius JAN 21 – FEB 19

Ker-ching! Money-wise, Jupiter's shift into forward motion spells good news; after a stressful few months, those purse strings might loosen up. Families may find themselves navigating uncharted waters, but over summer, shared pastimes or experiences should help strengthen bonds.

Lucky colour: Silver

Pisces FEB 20 – MAR 20

Up for a spot of pampering? In an ideal world you'd be enjoying a luxury holiday, but if reality beckons, treat yourself to something special instead: book a massage, catch a movie or a long lunch with friends. With Neptune adding an air of confusion, those rising stress levels need attending to.

Lucky symbol: Goldfish

Aries MAR 21 – APR 20

Lost in daydreams? Concentrating on the day-to-day grind could prove challenging this week, so put that imagination to use. Launch into a creative project or jot down those so-called 'crazy ideas' – they might be inspired. If you need a lift, fill your home with feel-good art and music!

Lucky numbers: 7, 18, 21, 27, 31, 41

Taurus APR 21 – MAY 21

Jupiter is acting like a beacon for like-minded people, so keep an eye out for some inspiring new friends, especially at work. On the downside, being a social butterfly could prove expensive; if your spending has come under the microscope, why not try making – or baking! – a few festive gifts?

Lucky crystal: Citrine

Gemini MAY 22 – JUN 21

As Jupiter cranks up speed, your inner drive should increase: a business plan might find wings or a tough decision will be made, but whatever the case, you're primed for action. With Venus casting a rosy glow over your social sector, local events could set the scene for fun – or romance!

Lucky numbers: 3, 11, 19, 22, 39, 41

Cancer JUN 22 – JUL 23

If you've veered off course, summer could bring a rethink, not just for you, but for a loved one. With Jupiter illuminating your travel sector, a head-clearing getaway might be just the tonic you need. Natural settings should feel therapeutic, so at the very least, why not plan a weekend away?

Lucky flowers: Yellow roses

Leo JUL 24 – AUG 23

Bring on the fun! As Venus charges your relationships with a fresh optimism, expect love and laughter in spades. With Neptune tapping into that escapist streak, you'll be the life of the party. Just watch those wines, and sleep on big decisions, particularly if contracts or finances are involved.

Lucky numbers: 1, 12, 28, 31, 35, 44

Virgo AUG 24 – SEP 23

Seeds planted this week should blossom through summer, so write up a business plan or commit to personal goals. Fitness regimes launched under Saturday's energetic sky should have staying power, while on the dating front, Jupiter's shift into forward motion could move things along nicely.

Lucky gemstone: Ruby

Libra SEP 24 – OCT 23

Ready to meet the neighbours? Anything creative or cultural should draw you in this month, and not just as a spectator. You might even find yourself playing host (or on stage!). Singles may find themselves swept up in a whirl of activity, while for parents, a local event might introduce you to a new crowd.

Lucky symbol: Red heart

Scorpio OCT 24 – NOV 22

Your inner fashionista is emerging! Venus is adding a stylish flair to your chart, but if you're on a budget, get experimental with accessories or swap a few clothes with friends. Stay tuned for a brilliant idea on the weekend (it could save time or money), and if you're looking for love, dress to impress.

Lucky crystal: Rose quartz

SEE INTO Your Future

WITH NEW IDEA'S PSYCHIC MEDIUM DEBBIE MALONE

Q What do my parents think of my life so far? I feel that someone above has been guiding my life. Could it be my ex-husband? – SANDRA

A What a challenging time you have had in the past. Your loved ones in spirit are trying hard to assist you to find your peace.

Your father is one of your biggest fans. He is telling me that you were his everything and he is sad that he didn't get to spend more time with you. He wants you to know that he is so proud of your beautiful boys and what an amazing mother you are. He gets angry with your mum as she was jealous at times of the connection you and he had.

Dad is standing with your mother, and he wants you to know that he was there to meet her when she passed over. Dad has spoken with your mother and told her how disappointed he was with her for being so distant from you during her time here on Earth.

I can see that she suffered from depression, which got worse when your father died. Your mother is standing before me and wants you to know how embarrassed she is of her treatment of you. It wasn't until she passed over that she had the insight of her behaviour towards you.

Your ex-husband is also making his presence known to me. He wants to thank you for being so understanding of him and thinks you are a much bigger and stronger person than he ever was.

Your father is never far from your side, and he wants you to know how much you have always meant to him.

Q I am Australian but had been living in the UK for the last 30 years (unhappy). My father, who I had no contact with, was dying in 2021, so I made the decision to return home to make peace with him. I phoned him and it was strained, but we spoke three times. I got out of quarantine and tried again to phone to go see him. He blocked my number so I never got to see him and he died.

Family relations are bad and I am having to return to the UK. Is the UK the place I should look forward to returning and make it home permanently? – ELVIRA

A It is said that we can pick our friends and not our relations.

Your father was a vindictive man who always wanted to be in control. He was someone who took sides and enjoyed causing friction in the family. There seems to have been jealousy around your move to England.

I would suggest you write a letter to your father tell him everything and then burn the letter. As you do this, wish him happiness and peace in the afterlife and ask the universe to afford you the same.

I am seeing images of England. I feel drawn to the north, which looks like Scotland. I feel that you are more likely to settle in this area, and I see a wonderful gentleman entering your life if you do live there.

I feel that this man could be a soulmate and that for you to meet him, you need to surrender your life in Australia.

It's time to release the past. Finding your happiness is the way forward – do not look back with regret.

Send your question, a photo of yourself, your name, phone number and date of birth to: *debbienewidea@gmail.com*

Just another perfect day with my 12-month-old identical twin grandsons. They'll have Nanny on her toes once they start walking.
CHERYL RAYNER, MOONEE BEACH, NSW.

PET OF THE WEEK

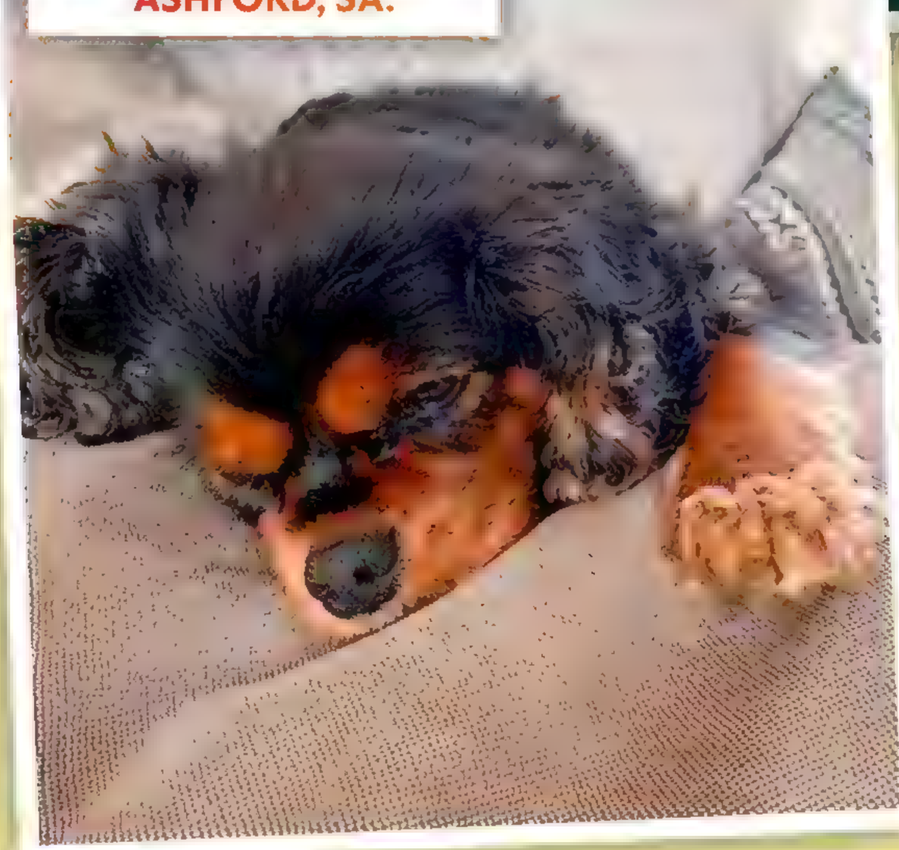
MAILBOX

Mason, 3, holidaying in the country, was very excited to see and touch lamb chops. PAMELA DECKERT, NHILL, VIC.

Storme is so fast and talented at building Lego. He amazes me. He is a big Groot fan too. MANDY GRAHAM, CARRUM DOWNS, VIC.

Santa is on his way... with Bindii, my 10-year-old Staffy looking a little perplexed. KAREN TREAY, EDGEWORTH, NSW.

It's a hard life for some! Madge the Cavalier King Charles Spaniel having her afternoon nap. SHANDELLE SQUIRE, ASHFORD, SA.



Say what?

After visiting her great-grandmother, who is 96 years old, my granddaughter Ruby, 6, asked her mum, "Who is older, Mum: Jesus or Nanny... Nanny?" Some of the things she says cracks us up. MARGARET WRIGHT, BAULKHAM HILLS, NSW.

Made for TV

It was lovely to be able to read about Matt and Kate Dalton's family in my favourite show, *Gogglebox*. Millie and Holly are now young ladies and, like their mum and dad, are still as charming as ever. We look forward to the next seven years with this delightful family in *Gogglebox*. We may see them on *Travel Guides* some day too. Thanks, New Idea. MAV JANETZKI, HORSHAM, VIC.

Send us a funny story about your children and family, a letter about an interesting piece you've read in our mag or a pic of your child or pet. The best entry of the week wins $100, and remaining submissions $25 each. Post your original letters and photos (sorry, photos cannot be returned) to Your Say, New Idea, GPO Box 4088, Sydney NSW 2001 or email newidealetters@aremedia.com.au with your full name and postal address.

At home with... ANDREA B

PHOTOGRAPHER: Giovanni De Sandre.

IT'S THE MOST WONDERFUL TIME OF THE YEAR FOR THE TALENTED FAMILY

When it comes to the festive season, Andrea Bocelli isn't one to do things by halves.

Not only is the Italian tenor performing with daughter Virginia, 10, from Tuscany during this year's Woolworths Carols in the Domain, the pair have also just

Andrea's kids are proudly following in his footsteps.

released a new album, *A Family Christmas.*

Joining the pair is Andrea's middle child, 25-year-old son Matteo. Available now, the album is the perfect stocking stuffer, and includes the family's new original song 'The Greatest Gift'.

Here, the close-knit family share with New Idea the joy singing brings them, as well as their exciting plans for Christmas.

Andrea, how thrilled are you that your kids have inherited your singing abilities?

Music is an integral part of our family. It's a daily presence in our lives. Virginia and Matteo both sing and play the piano too. Virginia is still young but Matteo is pursuing an artistic career with good results. Today we are father and son but also, for all intents and purposes, colleagues.

When you hear your children sing, what comes to mind for you?

I think of what an extraordinary miracle life is and every time I am amazed at what a perfect instrument the voice is. It is a true gift from heaven, a mirror of the soul.

How do you guys normally spend Christmas?

MATTEO: Our Christmas always begins with entire family going to Mass, then we have a typical lunch that starts with tortellini in brodo and ends with the famous Italian sweet bread panettone. We'll play some Christmas songs during the day too.

What do you love most about singing with your dad?

VIRGINIA: I've grown up watching dad sing, so now that I get to join him on stage and perform, it's very special!

MATTEO: We often sing together at home for fun. When we're on stage, the feeling is different because you can feel the affection from the audience and it's an amazing experience to share.

Do you ever get nervous before going on stage?

VIRGINIA: I do get a little nervous because there are a lot of people out in the audience! I always just want to do my best for myself and for everyone watching.

Who is your favourite singer – other than your dad?

VIRGINIA: I have a lot of favourite singers like Imagine Dragons, Olivia Rodrigo, Dua Lipa, Måneskin and Ultimo.

MATTEO: I'm a huge fan of Ed Sheeran. He's not only a super talented artist but also a man with a unique soul.

Andrea, what's the best gift that your children have given you?

Their very life is the greatest gift that fate has bestowed upon me. My children are my greatest joy. Spending time working with all my children, including eldest son Amos, who was involved behind the scenes on *A Family Christmas*, is a gift that we'll all keep in our hearts for the rest of our lives.

WOOLWORTHS CAROLS IN THE DOMAIN
Airs Fri. Dec. 23 7.30pm on Channel Seven & 7Plus

OCELLI

'WHY WE LOVE AUSTRALIA'

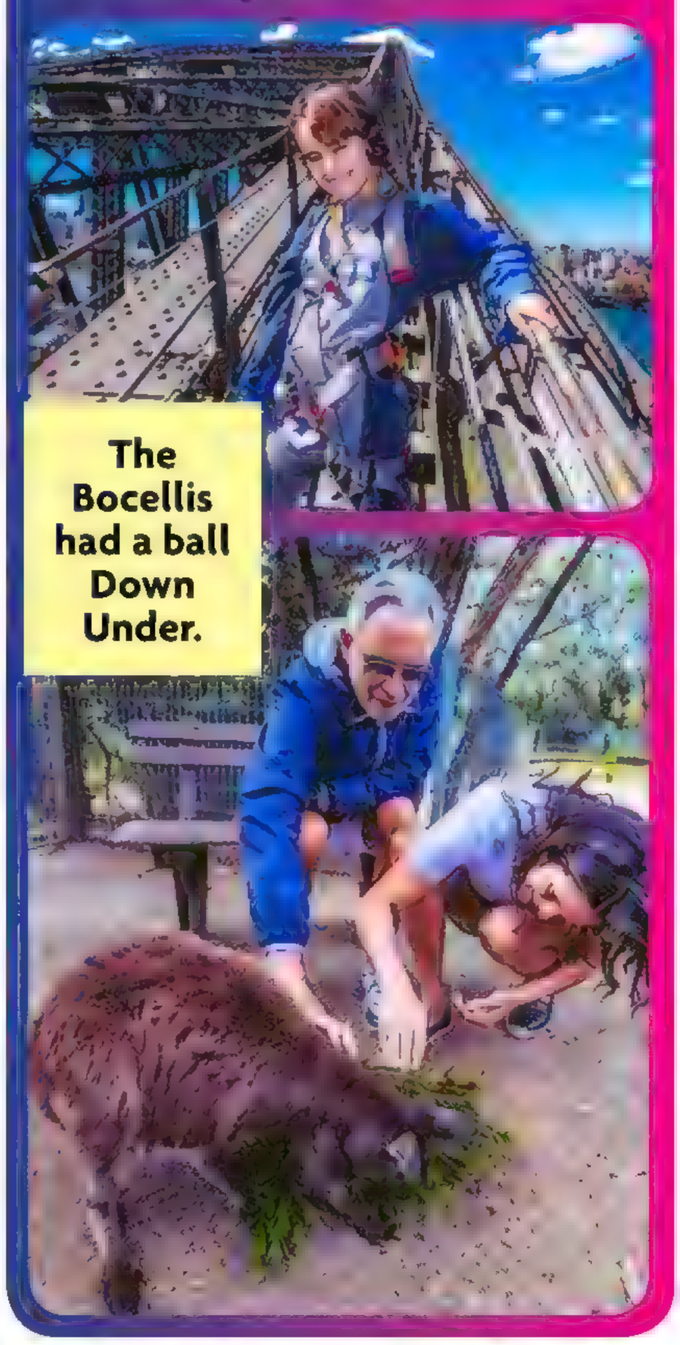
Their musical prowess has taken the Bocellis all over the world, but the clan hold a special place in their heart for Oz.

The family toured Down Under to perform a series of concerts in October and November. They were joined on stage by special guest stars Delta Goodrem, Silvia Colloca and Natalie Imbruglia.

"It was my third time visiting the country," Matteo tells New Idea. "I enjoy Australia very much as there is a very good quality of life to be enjoyed there.

"It's a precious land for its landscapes, beautiful nature, unique variety of species of animals and its warm and friendly people."

Currently the family don't have any locked-in plans for their next Australian tour, but Matteo says: "I hope I can visit again soon."



The Bocellis had a ball Down Under.

TREAT YOUR SHELF

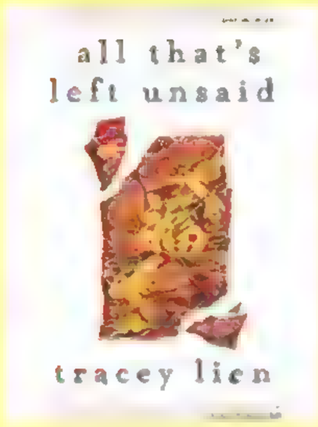
WITH THESE NEW MUST-READS

ALL THAT'S LEFT UNSAID

by Tracey Lien

Returning home for the funeral of her brother, Ky learns the police are stumped by the case of Denny's death – he was beaten inside a restaurant where the patrons claim to have seen nothing. Desperate for the truth, Ky tracks the witnesses down.

OUT NOW

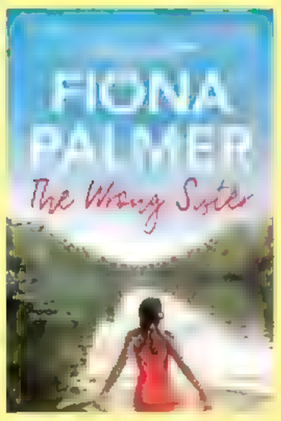


TOP 50 FRAGRANT PLANTS

by Angie Thomas

Fragrant plants – from lovely flowers, vines and herbs to showy shrubs and trees – offer some of the purest joys of the garden. And this practical guide will show you not just how to plant a beautiful garden, but also help in ensuring it thrives.

OUT NOW



THE WRONG SISTER

by Fiona Palmer

As she approaches 30, dedicated nurse Ellen suddenly gives up her career and family for the red dust and toil of an outback cattle station. But Ellen can't run away from real life forever and soon a family camping trip forces her to face some heartbreaking hard truths about her past.

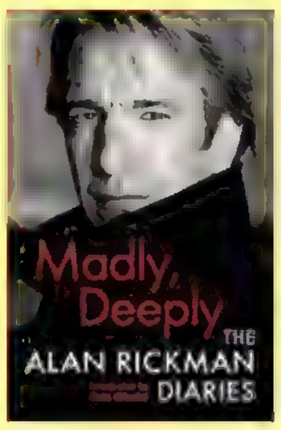
OUT WED.

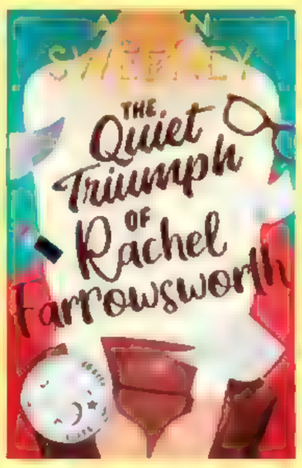
MADLY, DEEPLY

by Alan Rickman

Spanning from 1993 to his sad death from pancreatic cancer in 2016 at the age of 69, the diary entries of the late *Love Actually* actor provide an insight into his extraordinary public and private lives. Reading it feels like sitting down with an old friend.

OUT NOW





THE QUIET TRIUMPH OF RACHEL FARROWSWORTH

by Alison Sweeney

Rachel didn't plan to be single and unemployed at 56, her days filled with never-ending stream of rejection emails. In a society obsessed with youth, will she make it to the other side?

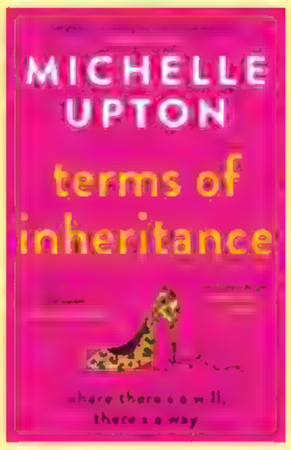
OUT NOW

TERMS OF INHERITANCE

by Michelle Upton

Four sisters, a vast fortune and a mum who thinks she knows best collide in this moving and hilarious tale. In order to inherit her millions, Jacki sets her daughters a task that she believes will see them become better versions of themselves.

OUT NOW



Murder in Williamstown 'Miss Fisher is

Arguably the early Christmas present that all Miss Phryne Fisher fans needed, Kerry Greenwood has just released her latest tale about the stylish sleuth. And while *Murder in Williamstown* might be her 23rd novel featuring the Miss Fisher, the author says there are still plenty more to come.

"I doubt I will ever run out of ideas," Kerry tells New Idea. "Phryne is a sort of female James Bond, only with better taste in

LOVE ISLAND AUSTRALIA
New episodes available Mon - Thu 6pm on 9Now

Al Perkins 'I'VE GROWN SO MUCH'

The *Married at First Sight* larrikin is ready for some new romance as he enters the *Love Island* villa!

What inspired you to go on another reality show?
I guess I just love being amongst it! And also one of the main factors was that I wanted a second chance at finding love.

Are you really in it for love?
Yeah. I definitely want to find a connection. And obviously another good factor is that I get to go to Spain and work on my tan at the same time. It's win-win!

Have you changed since *MAFS*?
I do think I'm a bit more emotionally mature. I gotta thank Sam, my ex-'wife' [from *Married at First Sight*], for helping me out with that and I do feel like I'm a bit more mature. I know how to talk to girls a bit better.

What do you want viewers to see?
I want them to see that I'm still myself, the goofy larrikin. I love a good time, don't take life too seriously and I genuinely want to find someone. You've got to expect some drama coming into this show though!

by Kerry Greenwood 'the female Bond'

clothes and lovers. We all wish we were Phryne. Women of all ages need positive role models."

If Kerry could ever trade places and spend a day walking in Phryne's shoes, she knows exactly what she'd do.

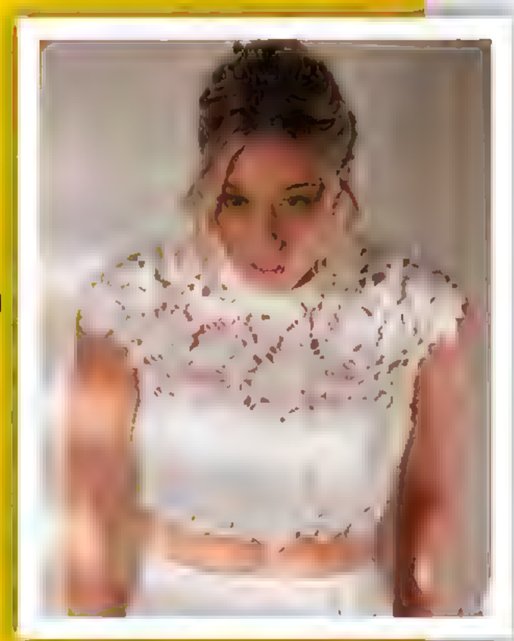
"I would sleep in till a thoroughly disgraceful hour, play, order cocktails from Mr Butler and head out to a Greek restaurant for a late lunch. In the evening I would go to a racy nightclub and then retire to my less--than-virtuous bed with exciting company." *OUT NOW*

Don't miss!

Stream

DISENCHANTED
Fifteen years after finding her happily ever after, Giselle (Amy Adams) discovers life isn't quite the fairytale she imagined. Trying to bring a little more of the magic from Andalasia into her days, she'll turn both worlds upside down.
STREAMING NOW ON DISNEY+

Watch



HOME AND AWAY
The highly anticipated wedding of Tane (Ethan Browne) and Felicity (Jacqui Purvis) sees the happy couple's nearest and dearest friends come together to celebrate. But in true Summer Bay tradition, nothing is ever that simple. With a serious case of cold feet on the horizon and a bride on a collision course with danger, will Tane finally get to marry the woman he loves? Or is their perfect day about to end in flames?
THE 2022 FINALE AIRS MON. 7PM ON CHANNEL SEVEN

Visit

ZAMPATTI POWERHOUSE
The first retrospective exhibition of renowned Australian designer and businesswoman Carla Zampatti. Prominent Australian women including Kylie Minogue, Julie Bishop and Crown Princess Mary have loaned garments to be featured in the display.
OPEN NOW AT SYDNEY'S POWERHOUSE MUSEUM

HOLLY GO

TAKE A TRIP DOWN MEMORY LANE WITH THESE BRAINTEASERS

1 What were the filmmakers originally going to call *The Sound of Music*?

A) *Love Song*
B) *Edelweiss*
C) *My Favourite Things*
D) *Sounds of Love*

2 How old was Bette Davis' character Margot in 1951 flick *All About Eve*?

A) 37
B) 38
C) 40
D) 45

3 Which actor played Danny Ocean in the original 1960 version of *Oceans 11*?

A) Frank Sinatra
B) Dean Martin
C) Peter Lawford
D) Sammy Davis Jr

4 What monument does Cary Grant climb in the final scenes of *North by Northwest*?

A) Statue of Liberty
B) Mount Rushmore
C) Taj Mahal
D) Eiffel Tower

5 Which actress starred in the original 1937 version of *A Star Is Born*?

A) Bette Davis
B) Katharine Hepburn
C) Marilyn Monroe
D) Janet Gaynor

6 What movie did Marilyn Monroe win a Golden Globe for?

A) *Some Like It Hot*
B) *Gentlemen Prefer Blondes*
C) *The Seven Year Itch*
D) *Niagara*

7 What was the first 'Talkie' made?

A) *Singin' in the Rain*
B) *Easter Parade*
C) *The Jazz Singer*
D) *Cleopatra*

8 Audrey Hepburn won an Oscar for which film?

A) *Roman Holiday*
B) *Sabrina*
C) *Breakfast at Tiffany's*
D) *Funny Face*

9 What star completed most of her greatest box office hits before age 12?

A) Doris Day
B) Judy Garland
C) Kim Novak
D) Shirley Temple

WOOD'S Golden Age

10 What was Marilyn Monroe's final, unfinished film?

A) *Something's Got to Give*
B) *Niagara*
C) *Let's Make Love*
D) *The Misfits*

11 Which of these films didn't star James Stewart?

A) *Rear Window*
B) *Double Indemnity*
C) *Vertigo*
D) *The Philadelphia Story*

12 A red carpet was rolled out for the first time in Hollywood for which film's premiere?

A) *Gone with the Wind*
B) *The Wizard of Oz*
C) *Robin Hood*
D) *Royal Wedding*

13 Which Golden Age screen star was asked by the US government to change her peekaboo hairstyle when it became a safety hazard for women working in factories who tried to emulate it?

A) Vivienne Westwood
B) Vivien Leigh
C) Bettie Page
D) Veronica Lake

14 What led to James Dean's death at 24?

A) Drug overdose
B) Stunt gone wrong
C) Car accident
D) Skiing accident

15 How many Hollywood musicals did Fred Astaire and Ginger Rogers make together?

A) 10
B) 15
C) 19
D) 22

16 What was Grace Kelly's final film before she left Hollywood to wed Prince Rainier of Monaco?

A) *The Swan*
B) *Marnie*
C) *Rear Window*
D) *High Society*

ANSWERS 1 A 2 C 3 A 4 B 5 D 6 A 7 C 8 A 9 D 10 A 11 B 12 C 13 D 14 C 15 A 16 D

Miley Cyrus

It was hugs all round as the singer and her godmother, Dolly Parton, announced they're hosting a New Year's Eve TV special together.

Eva Mendes

The actress was clearly lovin' her role as a McHappy Day Ambassador during a visit to a Ronald McDonald House in Sydney.

Adele

Vegas, say 'Hello' to Adele! After a year-long delay, the singer finally began her residency at Caesars Palace.

Home and Away
The Summer Bay gang snuck in a quick selfie while hanging on the beach between takes.

Gwyneth Paltrow
Mum-and-daughter time for Gwyn and Blythe Danner involves matching outfits and beverages!

Viola Davis
Bright, bold and beautiful, Viola stole the show at the Academy of Motion Picture Arts and Sciences 13th Governors Awards.

Dylan Alcott
The tennis ace was stoked to be cloned as a Madame Tussauds wax figure.

DUDE STOLE MY LOOK!

Zac Efron

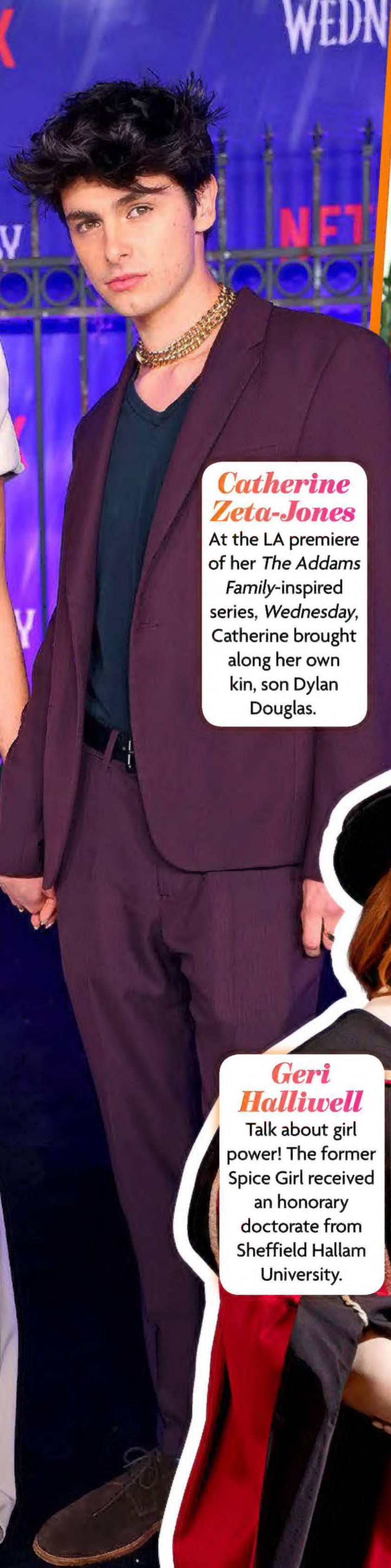
Bulked up with matching bowl cuts, Zac and his stunt double got to work on their new wrestling movie.

Sarah Jessica Parker

And just like that, SJP has found the perfect purse for any mag lover. Can we order a New Idea one?!

Pink

The singer treated kids Willow and Jameson to some popcorn after they joined her at the American Music Awards. Coolest mum ever!



Catherine Zeta-Jones
At the LA premiere of her *The Addams Family*-inspired series, *Wednesday*, Catherine brought along her own kin, son Dylan Douglas.

Kyly Clarke
Birthday celebrations were in full swing for Kyly's daughter Kelsey Lee, who turned 7!

Jodi Gordon
A sunrise ice bath and ocean dip had the actress beaming as the weather warmed up in Sydney!

Geri Halliwell
Talk about girl power! The former Spice Girl received an honorary doctorate from Sheffield Hallam University.

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Benefits of Harmony Ball Pendant

Let a peaceful calm come over you with the tranquil sounds of this harmony ball pendant. A tradition begun on the tropical island of Bali, a harmony ball is thought to instill a sense of quiet serenity with a soothing melody that is reminiscent of a wind chime singing in a soft breeze. Harmony ball pendants are popular as fashion jewelry and used both in meditation and self-care. May this pendant bring relaxation and balance to your life and its soothing melody bring you peace.

The Unique Story of the Chime Pendant

Golden enamelled ball inside the pendant chimes as the pendant moves

- **Plated in Shimmering Rhodium with 18K gold-plated Accents**
- **Enamelled Harmony Ball Inside Pendant Chimes with Movement**
- **Sculpted Filigree Design with Crystal Accents**

Sound of Harmony
CHIME PENDANT

Harmony balls have been worn for centuries by women of many cultures around the world. The sounds of the chime are thought to emit positive waves to the wearer. Today, the chime ball is also a popular piece of fashion jewellery that is often used in meditation or just as a way to bring a calm, peaceful feeling of joy to your day. Now you can experience that time-honoured tradition in a beautiful creation—introducing the *"Sounds of Harmony" Chime Pendant* available only from The Bradford Exchange.

This exquisitely hand-crafted pendant is plated in shimmering rhodium. The unique design features a 3-dimensional, sculpted ball of a beautiful filigree pattern of vines, flowers and 18K gold-plated butterflies and sparkles with crystal accents. Enclosed inside is a golden enamelled chime ball that emits a gentle melody whenever the pendant moves. The pendant gracefully suspends from a 81cm length chain with a 15cm extension, allowing you to adjust the pendant to your favourite, fashionable length.

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The pendant arrives with an informational card that relates the many benefits of wearing a chime pendant. It's a beautiful gift for yourself or for someone special. It's also exceptional value at just 5 easy instalments of $35.99 or $179.95, plus $19.99 postage and handling and is backed by our 120-day guarantee. You won't find this exclusive design in stores, so don't miss out! To reserve, send no money now. Just return the coupon or go online today at www.bradford.com.au/glamour

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The Bradford Exchange

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Surname: _____

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Phone: _____

Signature: _____

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2. **PHONE: (02) 9841 3311** **8am-5pm AEDT** Mon-Fri

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